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HALIFAX • TUESDAY, JUNE 15, 2010

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**Celebrity** pg 22

**Assistant's  
departure  
could be  
bad  
news**



## Several bears spotted in region: Hum

**WILDLIFE** Bear sightings are popping up in HRM.

Several residents have called Rockingham-Wentworth Coun. Debbie Hum to report bears. A bear was spotted in backyards on Saskatoon Drive and near Hemlock Ravine Park. Hum has also heard similar sightings in the Bedford area. Several sightings suggest it could be a mother black bear and a cub.

"Residents need to know that there is at least one bear roaming in a broad area, and it doesn't appear shy to approach residences," Hum said in a release issued yesterday.

Bears are attracted to garbage and compost, as well as bird feeders and barbecue grills that aren't thoroughly cleaned.

JENNIFER TAPLIN/METRO HALIFAX



**Canada** pg 6

## Hate crimes on the rise

**World Cup** pg 12

## Italy blue about draw

**On the web**

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Mike Smith, Robb Wells and J.P. Tremblay, of Trailer Park Boys fame, rehearse a scene yesterday during filming for their new comedy series called *The Drunk and On Drugs Happy Funtime Hour*.

# Out of the trailer park

The Boys are back — but not as you remember them

JENNIFER TAPLIN

jennifer.taplin@metronews.ca

**If you saw the giant penis parade float around town last week, you should have known it had something to do with the Trailer Park Boys.**

Mike Smith, Robb Wells, and J.P. Tremblay (Bubbles, Ricky and Julian) are leaving their infamous Trailer Park characters behind and trying something new. They're shooting a mini-series in Halifax over the next few weeks called *The Drunk and On Drugs Happy Funtime Hour*.

And, yes, a giant penis float will be in it.

"When we were setting it up there were about 100 school kids walking to school and they were just standing there looking at it," said director Ron Murphy, laughing.

"We were supposed to have a modesty cover for it but it didn't quite work."

Yesterday they were shooting a scene involving pirates, superheroes, and a land-based pirate ship on Maynard Street.

Basically, the six-episode series is about a variety show — the *Happy Funtime Hour* — that recruits actors to play a number of different roles.

A scientist on the show, played by Maury Chaykin,

## Get happy!

• The *Drunk and On Drugs Happy Funtime Hour* is shooting over the next few weeks in Halifax. It will run in six, half-hour episodes on Showcase this fall or winter.

bakes "happy funtime berries" into muffins and gives them to the cast. Problem is, these berries are powerful hallucinogens and cause the actors to believe they are whatever character they're playing.

"It was basically how do we write a world where superheroes and pirates and soldiers and cult people could live in the same

town and the answer was having them on hallucinogenic drugs," Smith said.

It's a challenge — they're playing 27 different characters between the three of them.

"It won't be for everybody, obviously, but none of our stuff is," he said.

It's been a work in progress for about a decade and something they couldn't do until the Trailer Park Boys were done.

"Part of our concern was that we were a little typecast as Ricky and Julian and Bubbles," Wells said. "Rather than give the fans one new version of us, here's eight or nine versions."

## Suspension a 'black eye' on university football, says Huskies coach

**SPORTS** The irresponsible actions of a few have given the rest of Canadian Interuniversity Sport football a "black eye," according to Saint Mary's Huskies head coach Steve Sumarah.

Sumarah reacted yesterday to the news the University of Waterloo has suspended its football program for one year after unprecedented testing of the entire team revealed nine potential anti-doping violations. Testing was prompted after Waterloo receiver Nathan Zettler was arrested for possession and trafficking of anabolic steroids.

Sumarah said steroids aren't a problem in CIS football, noting Saint Mary's hasn't had a steroid-related suspension in his 11 full years at the school.

"It's unfortunate a couple of guys have given us a black eye," Sumarah said.

Sumarah estimates the CIS has randomly tested about 20 of his players over the past five years with all results coming back negative. He said he expects the CIS to increase its random testing, particularly in the off-season.

"I'm not sure it's ever (fully) effective until you test everybody," he said. "But you're talking about huge amounts of money and those things are probably not going to happen."

MATTHEW WUEST/METRO HALIFAX  
MORE COVERAGE, PAGE 11

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# Local



## Multinational naval exercise kicks off

A major multinational naval exercise is underway off the coasts of Nova Scotia and New Brunswick. For the next two weeks, warships will be on manoeuvres in St. Margaret's Bay, the approaches to Halifax harbour and the Bay of Fundy. From June 20 to June 22, vessels and aircraft will engage in mock combat operations over the Bay of Fundy. That exercise will include simulated bombing runs at Canadian Forces Base Gagetown in New Brunswick. The Defence Department is warning small-craft operators to stay clear of the larger ships. METRO HALIFAX

Fire ants emerging early, expert says

**PESTS** An expert on European fire ants says the ants are appearing earlier this year.

The stinging red ants made Nova Scotia home a few years ago.

Susan Horton, a Saint Mary's University student, was studying the tiny pests at the University of Maine recently. According to a release from the university, Horton has returned to Halifax with "new and exciting ideas about how (the ants) might be controlled."

She's scheduled to give a presentation to HRM staffers tomorrow.

Horton believes the mild winter means the ants have emerged earlier this year and maybe be more widespread.

She said the ants are appearing on alternating city blocks, which suggests the colonies were started by an infested plant or soil material.

METRO HALIFAX

## Cops get vote of confidence

Strong majority satisfied with quality of policing: Survey

PHILIP CROUCHER

philip.croucher@metronews.ca

**A new survey indicates a strong majority of HRM residents are happy with the quality of policing and feel safe with where they are living.**

Halifax Regional Police and Halifax RCMP issued results yesterday of their 2010 citizen satisfaction survey, which was conducted by Halifax-based Corporate Research Associates as part of its second-quarter Urban Report.

According to the poll, 86 per cent of the 400 adult HRM residents surveyed are mostly or completely satisfied with the quality of policing in their community.

Another 84 per cent are mostly or completely satisfied with police visibility and presence, and 86 per cent are somewhat or completely confident police will respond to emergencies in a timely and efficient manner.

In terms of safety, 89 per cent are mostly or completely satisfied with the peace and order in local neighbourhoods. Eighty-eight per cent feel very or completely safe in the community where they live, and 90 per cent feel very or completely safe in the local areas where they go for shopping, recreation and work.

"We are encouraged by



Const. Drew Morris patrols Spring Garden Road yesterday. HRM Partners in Policing released the results of their satisfaction survey yesterday.

**"I think (the survey) indicates that not only is our crime-reduction strategy working, but that the citizens of HRM have confidence in their police forces."**

HRP Const. Brian Palmeter

the results," said HRP spokesman Const. Brian Palmeter. "I think it indicates that not only is our crime-reduction strategy working, but that the citizens of HRM have confidence in their police forces."

The poll was conducted from May 6 to 20, and carries a margin of error of

4.9 percentage points.

In terms of safety, Palmeter made note of the timing of the survey, which was done after a rash of shootings throughout HRM during a six-week period in March and April.

"I think it indicates that citizens understand what we're dealing with — that

the average citizen is not being targeted and, generally, not at risk from these incidents," he said. "They are between people involved in disputes and who are engaged in criminal activity."



Investigators to determine if derailment probe needed

**AVONDALE** The Transportation Safety Board of Canada has sent two investigators to the scene of a 16-car train derailment in Avondale to determine if a full investigation is needed.

Spokesman John Cottreau said the investigators will assess the accident scene in the community near New Glasgow.

The derailment caused the evacuation of seven families after officials determined six tank cars carrying loads of liquid propane gas were off the track. None of the tanks was punctured in the derailment, but the RCMP and firefighters still asked families in the immediate area to leave their homes.

A spokesman for a local fire hall said yesterday all of the evacuees were staying with friends and relatives.

In a news release, the Cape Breton and Central Nova Scotia Railway said it expected to reopen the line yesterday but the cleanup would take several days.

The company said "an unexpected application of the train's braking system stopped the westbound train," but the cause of the derailment was under investigation.

THE CANADIAN PRESS



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WHAT'S ONLINE TODAY

**Video** Oxfam's Toronto office welcomes G8 heads of state ... giant papier maché heads of state, that is. More at [metronews.ca/canada](http://metronews.ca/canada)

**Your Money** Allan Small on the hazards of putting all your eggs in the real estate basket at [metronews.ca/investing](http://metronews.ca/investing)



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A man was robbed and suffered minor facial injuries after he was punched in the face and kicked several times while walking on Creighton Street near Charles Street Sunday night. The incident took place at 8:30 p.m. Police are looking for two male teen suspects. **METRO HALIFAX**

# Canadian Blood Services defends donor policy

Gays just one group of many that are turned away: CBS

PAUL MCLEOD

paul.mcleod@metronews.ca

Walking up Rainnie Drive in Halifax yesterday one could see the words: "One more block to save three lives" written in chalk on the ground.

A few steps later it read: "Except for gay, all blood types are needed."

The duelling messages marked National Blood Donor Day and the beginning of National Blood Donor Week. But while Canadian Blood Services is trying to drum up interest in giving blood, a student group is railing against what it calls an outdated, discriminatory policy.

The Canadian Federation of Students is calling for an

**"We test every unit, but there still is that measure of uncertainty between the time when the virus is acquired and the time when the test can pick it up. So that uncertainty leaves risk. Our position is that risk is not acceptable."**

Paul Doucet, spokesman

end to the blood services rule of refusing blood from homosexual men due to heightened risk of HIV/AIDS.

"The policy is based on stereotypes about the gay community that do not protect the Canadian blood supply," said Nova Scotia CFS chair Elise Graham.

The CFS says it is unfair the policy does not take into consideration if the donors practise safe sex or

are in a long-term monogamous relationship.

Blood services spokesman Paul Doucet said he welcomes the discussion. However, he insists the policy is "based on science, not discrimination."

"There is a period between acquisition of the virus and the time it shows up in the test," Doucet said.

"We test every unit, but there still is that measure of uncertainty between the

time when the virus is acquired and the time when the test can pick it up. So that uncertainty leaves risk. Our position is that risk is not acceptable."

Doucet said there are "hundreds of reasons" why people are blocked from donating blood, from intravenous drug use to visiting the United Kingdom during a certain time frame. He said only about 50 per cent of the population is even eligible to donate.

"It's a policy that's designed to protect the extraordinarily vulnerable hospital patients," Doucet said.



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A University of Prince Edward Island player collides with a player from Cape Breton University in this file photo from last year. Local soccer players will have more space to play during the winter months after a funding announcement yesterday for the Indoor Soccer Training Centre on the Mainland Common.

## Skateboarder in serious condition

**NEW GLASGOW** A 17-year-old teen is in hospital with serious injuries after his skateboard slid under an SUV over the weekend.

Police in New Glasgow say they received a call Saturday night telling them the teen had been holding on to a moving vehicle when he slid underneath.

The boy, who was not

wearing a helmet, sustained head and body injuries.

He was transferred to hospital in Halifax.

Police say charges are pending.

THE CANADIAN PRESS

ShareYourViews

halifaxletters@metronews.ca

## Council has some concerns about proposed gold mine

**MINING** Acadian Mining Corporation wants to restart gold mining 90 kilometres northeast of Halifax, but government officials want answers to their concerns first.

Acadian hopes to extract 400 tonnes of gold-bearing rock per day from the Tangier underground mine. Its environmental assessment was granted conditional approval by the province in December, but HRM staff aren't satisfied.

Regional council will vote tonight on whether to send a letter to the province outlining its concerns. These include:

- No quantification of present or future contamination of the mill site.
- Mine water, which could include arsenic, potentially draining into Tiger Lake. A brook connected to the lake runs near homes that depend on wells.
- Exposed waste rock piles, which can leach arsenic, "probably" draining into Copper Lake, which is partially surrounded with homes using wells and is less than 100 metres from an elementary school.
- Noise and vibration from underground blasting close to homes.

METRO HALIFAX

## Overdue transportation report should be ready by month's end, NDP says

**POLITICS** Nova Scotia Economic Development Minister Percy Paris says he's been told by federal officials that an overdue transport report will be released by the end of this month.

Paris is responding to criticism from Liberal Leader Stephen McNeil, who says the government is sitting on the study into transportation needs in the province's southwest region ahead of the June 22 provincial election in Yarmouth.

McNeil contends it should have been released in mid-March and says the

NDP is playing politics after refusing to further subsidize the region's high-speed ferry to Maine.

But Paris says the responsibility for releasing the study lies with the Atlantic Canada Opportunities Agency and not the province.

Paris wasn't specific, but says the delay is the result of the federal agency needing more time to get additional documentation.

The study was undertaken by the provincial and federal governments in January 2009.

THE CANADIAN PRESS



Stephen McNeil

## Province pitching in for more pitches

PAUL MCLEOD

paul.mcleod@metronews.ca

**FUNDING** Successfully renting an indoor soccer pitch in HRM has been about as unlikely as qualifying for the World Cup.

But that may soon change as HRM prepares to quadruple its indoor soccer facilities.

The province announced yesterday it is putting \$3 million toward a new \$9.5-million facility. The plan is to expand the Nova Scotia Indoor Soccer Training Centre at Mainland Common in Clayton Park to four fields from one by 2011.

That should help alleviate a large scheduling logjam.

"It is a severe shortage. We have players that we want to play that we simply cannot accommodate," said Soccer Nova Scotia CEO George Athanasiou.

Federal and municipal levels of government have each pledged about \$1 million. The remainder is being made up by Soccer NS, which is taking out a \$3.5-million mortgage and fundraising.

"There is a lot of demand. If there wasn't, we would not have embarked to remortgage the house to build this thing," Athanasiou added.

He estimates the cur-

## B-Fit exhausted

• Yesterday's announcement almost completely exhausts what's left of the \$67-million B-Fit program that was announced in 2006 and supposed to last 10 years. The NDP say only about \$6 million was left when it came into power.

rent 3,500 registered players will double when the facility is built. It will also alleviate demand on other sports complexes and allow top players to play on a full-sized field all year long.

Premier Darrell Dexter said yesterday's announcement wasn't designed to coincide with the World Cup, but was "somewhat of a happy coincidence."

"I'm certainly pleased that you have that kind of confluence," the premier said. "At the very time when people's consciousness are being raised about this great sport ... we're also able to make this announcement that is consistent with the way people feel about it."

Dexter said he hopes the investment will help improve the health of Nova Scotians, who are typically ranked amongst the worst in the country for obesity, diabetes and cancer.

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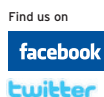
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A Montreal mother is to be charged with attempted murder after her 19-year-old daughter was hospitalized with stab wounds in what police are calling a "crime of honour." The victim – the eldest of four daughters – has severe head injuries, but her life is not in danger. **METRO NEWS SERVICES**

# Canada/World

## Canadian model to blame for goalie error?

**To the British, she's Elizabeth Minnett, the 5-foot-10 lingerie model whose memory haunted the goalie whose slippery fingers devastated the England team in the match against the U.S.**

To the folks in Guelph and Muskoka, Ont., she's the gorgeous, brainy, globetrotting Lizzie, daughter of dentist Dr. Charles Minnett and granddaughter of Manhattan Project scientist Ernest Everett Minnett.

"She's not just gorgeous, she's dramatic gorgeous," says a woman who has known her since she was born 23 years ago into a prominent Ontario family.

Minnett, who graduated from the University of Waterloo in 2008 with a degree in economics, is "very bright" as well as beautiful, she said, although asking that her name not be used.

Two British tabloid newspapers, the Daily Mail and the Daily Mirror, blamed Minnett yesterday for goalie Robert Green's stunning miss on a routine shot that allowed the U.S. to tie in its World Cup match against England on Saturday.

She and Green, 30, met two years ago in Toronto when his West Ham team was touring Canada, the Daily Mail said. They'd lived together in a luxe flat overlooking the Thames on



Model Elizabeth Minnett is seen in a frame grab from episode 1208 of Get Out! a HDNet show, as seen on the HDNet website.

the Isle of Dogs in London until about a month ago, when the relationship ended.

Green's agent Andy Evans was quoted by the Daily Mirror Sunday night as insisting the split has not affected the goalie's focus in South Africa.

He said: "Their relationship was over many months ago. This really is

not an issue and Rob has gone into the World Cup prepared mentally and as focused as possible."

Minnett herself issued a terse "no comment" yesterday through two of the modelling agencies she works for: Next Models of Toronto and Elite Models, which has offices in Toronto and Miami.

**TORSTAR NEWS SERVICE**

## Hate crimes on rise in Canada

**STATISTICS** Police are reporting a big jump in hate crimes, and they say gay men are being targeted more often and in the most violent incidents.

Statistics Canada says police logged 1,036 hate crimes in 2008, up 35 per cent from 2007.

Just over half (55 per cent) were motivated by race or ethnicity, 26 per cent by religion and 16 per cent by sexual orientation.

Hate crimes motivated by sexual orientation were also the most violent in nature: 75 per cent of them were violent compared with 38 per cent of racially-motivated incidents and 25 per cent of religiously motivated incidents.

**THE CANADIAN PRESS**

## Canadians caught in time crunch: Study

**WORK** Every evening after bedtime stories with her three- and six-year-old girls, Toronto mother Monique Ganon returns to her home office to begin her second shift.

"It's hectic," says the self-employed bookkeeper and consummate "multi-tasker" who visits clients two days a week when her children are in daycare. A new study being released today shows that Canadians — especially women — are caught in a time crunch.

The problem has worsened since 1992, says the Canadian Index of Wellbeing which links economic, health, social, cultural and

### Pressure rising

• 20 per cent of Canadians experience high levels of time crunch, up from 16 per cent in 1992.

environmental indicators to Canadians' quality of life.

Today, 20 per cent of Canadians experience high levels of "time crunch" compared to just 16 per cent in 1992, according to the report. Women are feeling the strain more acutely than men with about 23 per cent reporting high levels of time pressure compared to 17 per cent of men.

**TORSTAR NEWS SERVICE**

## Mineral find could alter the course of Afghanistan's future

**KABUL** U.S. geologists have discovered vast mineral wealth in Afghanistan, possibly amounting to \$1 trillion, President Hamid Karzai's spokesman said yesterday.

Waheed Omar told reporters the findings were made by the U.S. Geological Survey under contract to the Afghan government.

"The result of the survey ... has shown that Afghanistan has mineral resources worth \$1 trillion," Omar said. "This is not an overall survey of all minerals in Afghanistan. Whatever has been found in this survey is worth \$1 trillion."

The New York Times reported the \$1-trillion figure in yesterday's edition and quoted senior American officials as saying untapped mineral deposits in

**"There is stunning potential here. There are a lot of ifs, of course, but I think potentially it is hugely significant."**

U.S. Gen. David Petraeus on the deposits

Afghanistan are far beyond any previously known reserves and were enough to fundamentally alter the Afghan economy and perhaps the Afghan war itself.

A 2007 report by the U.S. GS said most of the data on Afghanistan's mineral resources was produced between the early 1950s and 1985, but much was hidden and protected by Afghan scientists "during the intermittent conflict over the next two decades."

Americans discovered nearly \$1 trillion in untapped mineral deposits, including iron, copper,

cobalt, gold and critical industrial metals like lithium, according to the report. The Times quoted a Pentagon memo as saying Afghanistan could become the "Saudi Arabia of lithium," a key raw material in the manufacture of batteries for laptops and cell phones.

"There is stunning potential here," the paper quoted Gen. David Petraeus, commander of the United States Central Command as saying. "There are a lot of ifs, of course, but I think potentially it is hugely significant."

**THE ASSOCIATED PRESS**

## Tales of horror from Uzbek refugees

**KYRGYZSTAN** Standing behind barbed wire with other Uzbek refugees, the woman tearfully raised her hands in a Muslim prayer yesterday for her dead husband.

She had left his body at their burned-down house in southern Kyrgyzstan while fleeing ethnic riots that reduced much of a major city to ruins.

"He's lying there unburied," lamented the woman, who identified herself only as Khadicha, a doctor in her 50s, as she waited in a no-man's land to cross into Uzbekistan.

She is among tens of thousands of minority Uzbeks who have fled the deadliest violence Kyrgyzstan has seen since the two ethnic groups fought over land 20 years ago as Moscow lost its grip on the former Soviet republic in Central Asia.

Officials said 138 people were killed and nearly 1,800 wounded since the violence began last week, but an Uzbek community leader said at least 200 Uzbeks had already been buried, and many bodies had not been recovered from charred homes and businesses.

Uzbekistan hastily set up camps to handle the flood of refugees, most of them women, children and the



Uzbek refugees wait to cross the border from Kyrgyzstan into Uzbekistan yesterday.

elderly. They were hungry and frightened, with accounts of Uzbek girls being raped and Kyrgyz snipers shooting at them as they rushed to the border. Aid workers said many had suffered gunshot wounds.

**THE ASSOCIATED PRESS**



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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: VANCOUVER | EDMONTON | CALGARY | TORONTO | OTTAWA | MONTREAL | HALIFAX

## Comment

### Close-knit community

Cancer survivors reach out to help those battling disease



Lance  
Armstrong

As I packed my bags for the Tour de France, I included a necklace that I've worn every Tour since 1999. It reminds me of a friend who helped me beat cancer and start my true mission in life — the fight against this disease.

In January 1997, Stacy Pounds helped me launch my foundation, just as I was completing my own cancer treatment. That same month, Stacy, a heavy smoker, was diagnosed with incurable lung

cancer.

All of us who knew her were devastated. My mother gave me two crucifixes. I wore one and gave the other to Stacy. I said, "This is going to be our bond. You wear it when you're being treated or whenever you want. And I'll wear mine forever." We wore them as symbols of our cancer kinship.

Stacy deteriorated quickly. The doctor told us she only had a matter of weeks to live.

Stacy's son, Paul, was a sailor serving with the U.S. navy at sea. We called

**"When the Tour (de France) starts July 3, I will put my necklace on. I will ride for Stacy and the 28 million people around the world living with cancer today."**

Charles Boyd, the only four-star general I knew, for help in getting Paul home to see his mother. "Lance," he said, "I lost my wife two years ago to cancer. I'll see what I can do." The next day, Paul was on his way home. That's what the term "cancer community" means.

At the same time, Stacy went into a nursing home. "I'm in pain and the nurs-

es don't bring me my pain medicine," she said. We took her home and hired a full-time hospice nurse to take care of her.

Her son arrived and Stacy spent her remaining days at home with him. On Oct. 2, 1997, I celebrated the one-year anniversary of my cancer diagnosis. On Oct. 3, 1997, Stacy died. She was buried with her cross.

When the Tour starts July 3, I will put my necklace on. I will ride for Stacy and the 28 million people around the world living with cancer today.

Lance Armstrong has won the Tour de France a record seven times. He's the founder of cancer support organization Livestrong.



MICHAEL DE ADOLPH

## Views

### Warning: Don't lose face over Facebook

#### InStep

Christine  
Williams

Summer months are upon us with revellers out in full swing. Pictures get taken, then enthusiastically posted on Facebook to proudly share the carousals with other friends.

Facebook is a cogent social-building network, but this club isn't exclusive. It's not only friends that are privy to lewd postings. It could be your employer. But this is only one scenario. There are many others, which demonstrate that people can be under the false impression of being entitled to do as they please when it comes to their private life without consequences.

The operative word is "private." Facebook is not



private even though it may feel that way. As a result, you may find out the hard way by getting fired, having your reputation for future employment tarnished; and if your case makes the news, you're now a hit item when Googled.

Some cases that highlight this:

A few weeks ago, a North Carolina waitress working at a pizza joint ranted on Facebook about a couple of bad tippers who stayed for three hours, forcing her to remain long past the end of her shift. The 22-year-old wrote on Facebook afterwards: "Thanks for eating at Brixx ... you cheap piece

of s—camper." Her boss cited the company policy about criticizing customers when he called her in. He also pointed out that she had cast the restaurant in a negative light.

In another recent case, a 29-year-old Quebec woman on long-term sick leave from IBM was reported to be fighting to have her disability benefits reinstated after her employer's insurance company cut them because of photos she posted on Facebook. She was diagnosed with depression. Photos posted on Facebook included her living it up at a bar show, her birthday party and on a sun holiday.

This was taken to be evidence that she was no longer depressed.

In the U.S., a Catholic teacher was fired for posting teachings on Facebook regarding atheism that were deemed contrary to the church and the job contract.

These are a few cases that represent a growing number where technology is becoming more detrimental, yet we can't blame it. Technology is a prodigious asset when used with common sense and decorum.

This summer and beyond, a word to the wise: Beware about destroying your face with Facebook. With the click of a button, virtually anyone can find out anything from your sexual preference to exactly what you've been up to on a hot weekend — and more companies are snooping.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

## Worth mentioning

### Space probe may provide clues to solar system creation

A team of scientists flew to the Australian Outback yesterday and recovered a Japanese space capsule they hope contains asteroid samples providing clues into the evolution of the solar system.

The Hayabusa explorer returned to Earth overnight after a seven-year, six-billion-kilometre journey, burning apart on re-entry in a spectacular fireball just after jettisoning the capsule. It was the first time a spacecraft successfully landed on an asteroid and returned to Earth.

The capsule will return to

Japan before scientists discover whether it carries any asteroid dust in its sample canister.

The Japanese space agency said the aim of the \$200-million project was to understand the origin and evolution of the solar system, as well as paving the way for future sample return missions.

Scientists hope to study how and when the asteroid was formed, its physical properties, what other bodies it may have been in contact with, and how solar wind and radiation have affected it. **THE ASSOCIATED PRESS**

## Quote of the Day

**"I tend to be an outspoken public speaker and would never have imagined a time in Canada where I would be reluctant to speak publicly. The chill is real and this is a new and sad development in Canadian policy."**

— AN ANONYMOUS CALLER TO A PUBLIC FORUM ORGANIZED YESTERDAY BY LIBERAL MPS KEN DRYDEN AND ANITA NEVILLE. SOME COMMUNITY GROUPS ARE FEARFUL OF LOSING SCARCE GOVERNMENT MONEY AFTER SEVERAL HIGH-PROFILE AID AGENCIES HAVE FACED FUNDING CUTS IN RECENT MONTHS AND SAY THEY ARE BEING PUNISHED FOR SPEAKING OUT AGAINST GOVERNMENT POLICIES. **THE CANADIAN PRESS**

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



## Microsoft controller takes voice commands

Microsoft hopes its new video game controller, Kinect, will appeal to families ready to graduate from the Wii. Kinect recognizes users' gestures and voice. This means they can say "pause" or "play" instead of reaching for the remote when watching a movie, and they can play video games without a controller. **THE ASSOCIATED PRESS**

9

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Ready or not, digital is coming, says CRTC

The Canadian TV industry faces a crisis if long-overdue preparations for the switch to digital TV don't begin soon, the head of the Canadian Radio-television and Telecommunications Commission said yesterday in a strongly worded speech.

"My great concern is that the industry will not be ready," CRTC chairman Konrad von Finckenstein told a breakfast gathering of producers, broadcasters and content creators at the Banff World Television Festival.

"There will be requests for delays, we will have a

### End of free TV?

- An estimated 900,000 Canadian households that rely on antennas don't have televisions equipped to receive new digital signals. About another 44,000 won't have access to TV content at all unless they invest in a satellite dish.

crisis on our hands. It must not be allowed to happen."

The federal government wants digital signals to be converted from analog in August 2011, but Finckenstein suggested a trial run begin as early as April 2011

in Winnipeg and Quebec City.

He pointed to the painful transition south of the border in June 2009, when the U.S. made the switch. More than \$1.5 billion US was spent on subsidies to help consumers pay for converter boxes.

Finckenstein urged cable and satellite providers to mount a widespread consumer education campaign in Canada. He warned of a widespread backlash if people who currently pay nothing for TV are suddenly forced to invest in cable or satellite signals.

THE CANADIAN PRESS

### Paris Missiles for sale



Visitors look at Israel's Rafael air, sea and land advance defence systems yesterday at the Eurosatory defence trade fairs, in Villepinte, outside Paris. China is exhibiting for the first time at Eurosatory, one of Europe's largest defence trade fairs, as it seeks to tap new markets for tanks and military equipment.

## Telecoms feel the squeeze

**WIRELESS** The telecom sector will take it on the chin this year as increased competition from new wireless carriers forces some companies to slash mobile phone pricing even as their costs increase, the Conference Board of Canada predicts.

An industry outlook report released yesterday says profits for telecommunications companies will weaken to \$6.7 billion this year — down from a \$7-billion profit last year.

Major providers like Rogers, Bell and Telus are contending with a rush of new entrants including Globalive's Wind Mobile and Public Mobile.

"Competition will limit price increases for both telecoms and computer services firms," said Conference Board economist Maxim Armstrong in a release.

"New entrants into the Canadian wireless market are also forcing telephone service providers to con-

trol escalating costs and make investments in new technologies."

The Big Three providers had anticipated the heightened competition and invested in their infrastructure and slashed billing prices before the new entrants came to the market.

The Conference Board says it expects overall costs to grow by five per cent this year due to higher interest rates and increased wages.

THE CANADIAN PRESS

## Your Money

# Turning an idea into a workable business

### Alison On Money

**Alison Griffiths**

griffiths.alison@gmail.com

Summer is the season of possibilities. When everything is green and growing thoughts

turn to nurturing that big, brilliant, business idea of yours. Here are some steps to take that will help you structure the process, which can be a bit overwhelming.

**1 Assess yours** OK, you've got talent and a great concept. But are you entrepreneur material? Do you have these signs of the entrepreneurial gene?

- a) A need for achievement
- b) The desire to influence others
- c) A love of autonomy at work
- d) Self-assurance
- e) A strong work ethic
- f) A high action drive
- g) The strength to keep

leaping tall buildings when taller ones keep popping up.

- h) Creativity
- i) Ego and competitiveness.
- j) The ability to rebound from failure.

**2 Make a plan:** A business plan sketches out the idea and gets specific about how to develop it. Included should be marketing strategies and thorough market research.

There's no point in duplicating what already exists or what has already failed.

**3 Build your profile:** This step involves coming up with a name, an online identity, a support group (lawyer, accountant, business networks) and taking care of things like registering your business, getting a GST/HST business number and deciding whether to incorporate or operate as a sole or joint proprietorship. In the process, you will also amass information about restrictions such as zoning or other obla-

tions such as handicap parking and health regulations.

**4 Finance it:** A dream often starts the entrepreneurial spirit boiling but money keeps it simmering. Know your cash flow needs to pay the bills but you will also need a pot of cash to get things underway. This entails visits to banks and other lenders to determine if you qualify (new businesses will likely have to lean on personal or home equity lines of credit).

All of the above will take time so a helping hand is,

well, helpful. Check out the Business Development Bank of Canada, [bda.ca](http://bda.ca), for a host of excellent tips and links.

Alison Griffiths' show *Mixed Out* appears Wednesday nights at 10:30. [alisongriffiths.ca](http://alisongriffiths.ca)

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Injured David Beckham is still the highest-paid player in Major League Soccer while Toronto midfielder Julian de Guzman is fourth on a list released by the players union. Beckham tops the league at \$6.5 million US in guaranteed compensation this year while de Guzman earns \$1.72 million. **THE ASSOCIATED PRESS**

# Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

## Saints confident Bush won't be distracted

**REPORT** Unopened boxes were piled in Reggie Bush's locker. A football commemorating the New Orleans Saints' NFC title game triumph rested on a top shelf.

One shelf below, obscured behind bottles of body wash and sports drink, was a white cap with red trim on the bill and "Trojans" written in gold across the front.

That is where the Saints expect Bush's USC controversy to stay — in the background.

"A lot of it for us, I don't want to say old news ... but that news for him has really been kind of existent already," Saints coach Sean Payton said, alluding to how the NCAA probe of Bush's relationships with marketing agents while he was at Southern Cal has loomed

over the star running back since his first pro season.

"It's something that has really taken place for us and for him years ago," Payton continued. "He's going into his fifth year now and his focus is squarely on us being successful and him being the best player he can be. I don't see it being a big distraction."

Payton spoke after a voluntary off-season practice yesterday that would have offered Bush a chance to finally discuss an NCAA report that has sullied his reputation and resulted in sanctions for USC.

Bush didn't show, but Payton said he notified the team he would be absent and hoped to return for practices scheduled later this week.

**THE ASSOCIATED PRESS**



Reggie Bush

## Last stand for Lakers

(Boston leads series 3-2)

Celtics at Lakers



**Down 3-2 in the NBA finals against an old foe that keeps finding new ways to beat them, the Los Angeles Lakers are going to need a big Hollywood ending to escape this jam with another championship.**

That's exactly where they will make their last stand against the Boston Celtics.

Game 6 is back home tonight at Staples Center, where the Lakers are 9-1 in the post-season, with everybody from Kobe Bryant to the Lakers' bedraggled bench playing with much more passion

and confidence.

"If you look at it, they've come home and carried the 3-2 lead back," Lakers coach Phil Jackson said. "It's basically home court, home court. Now we're going back to home court to win it. That's the way it's supposed to be, isn't it?"

Sure, on paper. But two straight losses in Boston led to a dire series deficit for the Lakers, who hadn't trailed in any playoff series this season. The Celtics have won three of the last four games and they're responsible for Los Angeles' only home loss of the playoffs.

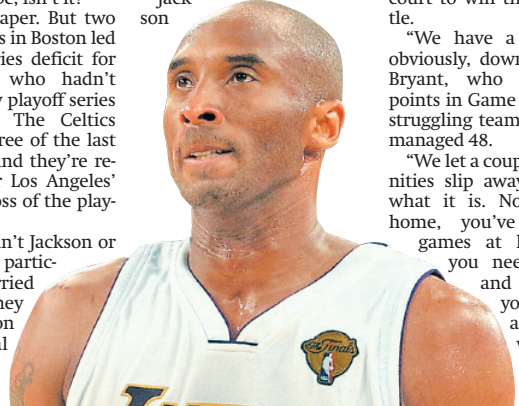
So why didn't Jackson or Bryant seem particularly worried before they headed out on their final

Kobe Bryant

## Young apologizes for fight

Vince Young, left, has apologized to the Tennessee Titans, his teammates, family and fans for his role in a fight at a Dallas strip club. The quarterback says he made a mistake being at the club. Video footage released by Dallas police show the quarterback and several people talking in a small room before Young attacked someone there.

**THE ASSOCIATED PRESS**



even described the Lakers' locker room as "spirited" after losing Game 5 in their lowest-scoring performance of the post-season in the 92-86 loss. For all their struggles in Boston, the Lakers realize they only have to defend their home court to win their 16th title.

"We have a challenge, obviously, down 3-2," said Bryant, who scored 38 points in Game 5 while his struggling teammates only managed 48.

"We let a couple opportunities slip away, but it is what it is. Now you go home, you've got two games at home that you need to win, and you pull your boots up and get to work." **THE ASSOCIATED PRESS**

### SCOREBOARD

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Boston at L.A. Lakers, 10 p.m. (Boston leads series 3-2)

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Toronto at San Diego  
Baltimore at San Francisco

### Sports in brief

**NHL** San Jose Sharks captain Rob Blake is retiring from the NHL. Blake will make the retirement official at a news conference Friday, according to a person with knowledge of his plans. **THE ASSOCIATED PRESS**

## Bears win 2nd straight Calder Cup title

**AHL** Andrew Gordon and Andrew Joudrey hoisted the American Hockey League's Calder Cup last night for a second straight year.

The Dartmouth Subways alumni shared in the Hershey Bears' second consecutive AHL championship in Pennsylvania after helping the club to a 4-0 shutout of the Texas Stars in Game 6 of the best-of-seven final.

Gordon, a Porters Lake native and second-team AHL all-star, had an assist and three shots in the victory, while Joudrey, from Bedford, was held off the scoresheet and posted a plus-1 rating.

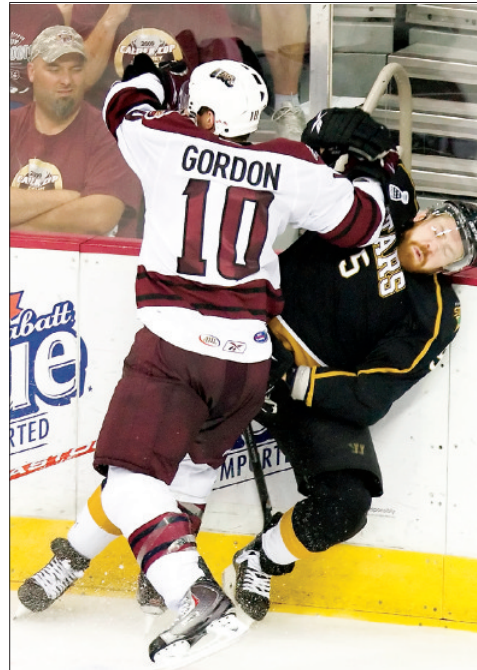
Gordon's helper came on the game's opening marker, a power-play tally by John Carlson at 12:29 of the first period.

Patrick McNeill scored twice and Karl Alzner added the other single as defencemen scored all four Hershey goals. Michal Neuvirth stopped 22 shots for the shutout.

It was the Bears' AHL record 11th championship and their third in five years.

Texas won the first two games of the series before Hershey swept the next four straight.

Both Gordon and



Porters Lake native Andrew Gordon delivers a hit for the Hershey Bears during last night's Game 6 of the AHL's Calder Cup Final. The Bears clinched their second straight AHL title with a 4-0 win.

Joudrey are products of the NCAA. Gordon spent three years at St. Cloud State, while Joudrey played four seasons at Wisconsin.

Gordon, 24, finished the

playoffs with 13 goals and seven assists for 20 points in 17 games. Joudrey, 25, had a goal and two assists in 21 games.

**METRO HALIFAX**

## Maple Leafs name Phaneuf captain

**NHL** General manager Brian Burke knew right away that Dion Phaneuf would be a great choice to be the next captain of the Toronto Maple Leafs.

Phaneuf was acquired last January in a blockbuster trade with the Calgary Flames and immediately made an impact. The strapping blue-liner threw his weight around, dropped the gloves when needed and soaked up plenty of minutes.

He also gave the team a vocal presence on the ice and in the dressing room.

"Our practices — it was like going to a church service before he got here," Burke said. "You'd go a whole practice and no one would yell at anyone, no one would yell for the puck."

The Leafs liked Phaneuf's communication skills and also felt he had the set of traits that they wanted in a team captain. Head coach Ron Wilson made it official by giving him the C on yesterday.

"As soon as he came in he had a major impact on our room," Wilson said. "I think it was obvious to everybody."

**THE CANADIAN PRESS**

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**Abid to play in Austria**

Former Halifax Mooseheads star Ramzi Abid has signed with Salzburg in the Austrian Erste Bank Hockey League, according to the club's official website. Abid, who holds the Mooseheads' single-season scoring record, spent last season in Russia and Sweden. **METRO HALIFAX**

# Doping hits home in CIS

Waterloo football program suspended for year over steroids scandal

**The University of Waterloo has suspended its football program for one year in the wake of a steroids scandal called the "most significant" in Canadian university sports history.**

The doping revelations stem from the spring arrest of Warriors receiver Nathan Zettler for possession and trafficking of anabolic steroids. That prompted the school to order the entire team be tested.

From the 62 urine samples collected, the Canadian Centre for Ethics in Sport reported nine potential anti-doping infractions. They included four admissions of use, three positive tests and one refused test. A ninth case is pending additional police investigation, the CCES said.

The Warriors posted a 3-5 record last year to finish tied for sixth with Guelph in the 10-team OUA standings. They didn't make the playoffs.

"This is the most significant doping issue in CIS history, and we're taking it very seriously," Marg McGregor, CEO of Canadian Interuniversity Sport, said in a McPhee statement.

"This situation illustrates that the CIS doping control program needs to be strengthened to ensure a level playing field and protect the rights of the



Construction crews tear up the University of Waterloo Warriors football field yesterday in Waterloo, Ont. The school suspended its football program for one year after the Canadian Centre for Ethics in Sport reported nine potential anti-doping infractions. The field construction was already scheduled for the installation of a new artificial playing field.

vast majority of student-athletes who respect the rules and complete clean."



Dennis McPhee

Head coach Dennis McPhee and assistant Marshall Bingeman are being placed on paid leave from football duties while the university conducts a full review.

McPhee, a native of Hamilton, Ont., played hockey and football during a five-year athletic career at Saint Mary's and coached the St. Francis Xavier X-Men from 2002 to 2004, winning At-

**"This is the most significant doping issue in CIS history, and we're taking it very seriously."**

Marg McGregor,  
CEO of Canadian Interuniversity Sport

lantic University Sport coach of the year in 2002.

"This in no way prejudices the coaches. Rather, as a matter of process, it is important that the coaches are not active in the program while the review is conducted," the school said in a statement.

Waterloo wide receiver

Dustin Zender vented his frustration after the announcement was made, saying the school's decision "ruins some of the lives of our players here. And because of the actions made by some — who weren't smart — it now affects players who did the right thing."

THE CANADIAN PRESS

## Palardy has 'good first outing' for Tiger-Cats

**CFL** Early reviews of Justin Palardy were favourable after he made his CFL pre-season debut with the Hamilton Tiger-Cats Sunday.

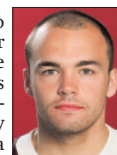
Palardy, who spent the past four seasons with the Saint Mary's Huskies making Atlantic University Sport history as a punter and a place kicker, had four punts for a 39.3 average in the Ticats' 13-10 loss to the Toronto Argonauts at Rogers Centre.

"I thought they brought some pressure on him and he got the ball off," Ticats head coach Marcel Bellefeuille told the Hamilton Spectator. "He had good height and good depth and

his placement was good. Overall, a good first outing for him."

Palardy, selected in the fifth round (36th overall) of May's CFL draft, has already been signed by the Ticats and is hoping to crack their season-opening roster.

If he doesn't, he will return to Saint Mary's for a fifth season. Palardy, a three-time AUS all-star, is 90 points away from matching Jesse Lumsden's CIS scoring record of 410 and five field goals away from equalling Frank Jagas' mark of 70. He already has AUS records in both categories.



Justin Palardy

MATTHEW WUEST/  
METRO HALIFAX

## Ashley commits to Mooseheads

**QMJHL** As expected, the Halifax Mooseheads have received an official commitment from Darcy Ashley.

Ashley, a high-scoring right-winger who the Mooseheads selected in the second round (25th overall) in the QMJHL draft earlier this month, has abandoned an NCAA scholarship at the University of Maine and will report to training camp in August.

"We're very pleased to have Darcy join our team," said Mooseheads general manager Cam Russell. "Darcy brings an offensive element to our team that we have been missing in Halifax. We look forward to him being a big part of our

team's success for years to come."

The five-foot-nine, 170-pounder finished sixth in Maritime Junior Hockey League scoring last season with the Summerside Western Capitals at just 16 years of age, recording 26 goals and 41 assists for 67 points in 46 games. He is a former major midget teammate of Mooseheads forward Brent Andrews.

Ashley and Andrews starred for the Cornwall (P.E.I.) Thunder in 2008-09. Fellow Mooseheads forwards Jordan Costello and Dylan McGuigan also played on that team.

MATTHEW WUEST/  
METRO HALIFAX

## Huskies recruit former all-star

**AUS** The Saint Mary's Huskies women's basketball team has added a former Atlantic University Sport all-star to its lineup for the next two seasons.

Susanne Colvin, who previously spent three seasons with the P.E.I. Panthers, has been recruited by Huskies head coach Scott Munro.

Colvin is a two-time AUS rebounding champion who finished tied for fifth in conference scoring in 2008-09 with an average of 15.5 points per game.

"Her competitiveness along with her ability to rebound the ball and score both inside and out will add a great dimension to our team going into next season," Munro said.

The Huskies lost to the Cape Breton Capers in last season's AUS final.

METRO HALIFAX

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Canadians are tuning into the World Cup in record numbers, according to CBC. Saturday's game between the U.S. and England averaged 2.275 million viewers, the highest Canadian audience ever for a preliminary-round World Cup game, according to CBC. **THE CANADIAN PRESS**

# World Cup

EDITOR: DON.MCHOULL@METRONEWS.CA



Ivory Coast's Didier Drogba runs during a training session yesterday in Port Elizabeth, South Africa.

## Portugal prepares to face Drogba, even if it is unlikely

### GROUP G PREVIEW

#### Portugal vs. Ivory Coast



**GROUP G** Portugal coach Carlos Queiroz is taking all possible precautions and making sure his team is ready to deal with Didier Drogba, even though the Ivory Coast striker has only a slim chance of playing in the sides' World Cup opener today.

Drogba, trained for a second straight day yesterday, just 10 days after breaking his arm in a June 4 warm-up match, and Ivory Coast coach Sven-Goran Eriksson is waiting until just two hours before kickoff to make a decision on whether he can play.

Drogba, who scored 37 goals for Chelsea this season to lead the club to the Premier League and FA Cup titles, is hoping to take to the field at Nelson Mandela Bay Stadium

wearing a special protective cast.

Such an outcome sounds far-fetched, not least since FIFA has yet to rule on whether the cast will be allowed, but Queiroz is anxious not to be caught out by a surprise appearance.

"I'm not a doctor so I can't say if Didier Drogba will be playing," Queiroz said yesterday. "It is a fracture and the doctors, along with Mr. Eriksson, will have to decide."

"After 30 years of my life in soccer, there is nothing that surprises me. In terms of a player playing or not, nothing surprises me."

Drogba is Ivory Coast's main hope for goals in a tough Group G that also contains five-time world champion Brazil and North Korea.

FIFA must decide whether the cast Drogba, if fit, would wear on his damaged right arm presents a danger to other players.

THE ASSOCIATED PRESS

# Feeling tied up

## Italy disappointed with draw vs. Paraguay

### GROUP F RESULTS

#### Italy 1 Paraguay 1



**Italy opened the defence of its World Cup title with a laborious 1-1 draw against Paraguay yesterday.**

Paraguay took advantage of its first shot on goal to take the lead in the 39th minute. Antolin Alcaraz outjumped 36-year-old Italy captain Fabio Cannavaro and Daniele De Rossi for a header following a free kick from Aureliano Torres, and goalkeeper Gianluigi Buffon had no chance for a save.

De Rossi made up for the opening goal by equalizing in the 63rd, sliding in to redirect a corner kick from Simone Pepe. It was a solid start for the AS Roma midfielder, who was suspended for four games during Italy's victorious 2006 run after bloodying the face of United States forward Brian McBride with a sharp elbow.

"We deserved to win," De Rossi said. "We controlled the ball virtually the entire time, but it's not easy against these teams that dream simply of drawing with the world champions. And if you fall behind, it becomes even tougher."

Italy coach Marcello Lippi said the biggest regret "was the result."

"They only approached the goal once and they scored," Lippi said. "We reacted well, but you've got to win games like these."

Already without injured midfielder Andrea Pirlo,



Italy's Daniele De Rossi scores his team's only goal yesterday during a Group F match between Italy and Paraguay.

### Buffon aims to play next game

• Italy goalkeeper Gianluigi Buffon says he can recover from a back problem in time for the Azzurri's next game.

• Italy's next opponent in Group F is New Zealand Sunday — giving Buffon six days to recover.

Italy's fortunes took another hit when it lost perhaps its most valuable player — Buffon — after the first half. The 32-year-old goalkeeper was removed in favour of inexperienced backup Federico Marchetti.

"During warmup he felt a pain in his back and after the first half he couldn't continue," Lippi said. "It was a big blow. We lost a substitution that we could have used. I don't know how bad it is or how long he'll need to recover."

Lippi's side did little to

disprove the critics who have labelled the squad as too old to win the title again.

Italy centre forward Alberto Gilardino hardly touched the ball and Lippi acknowledged his team needs to attack with more efficiency.

The Azzurri haven't won since beating Sweden 1-0 in a friendly in November, drawing with Cameroon and Switzerland and losing 2-1 to Mexico in their World Cup warmups.

THE ASSOCIATED PRESS

### SCOREBOARD

#### GROUP A

	GP	W	D	L	GF	GA	Pts
South Africa	1	0	1	0	1	1	1
Mexico	1	0	1	0	1	1	1
Uruguay	1	0	1	0	0	1	1
France	1	0	1	0	0	1	1

#### WEDNESDAY'S GAME

AT PRETORIA, SOUTH AFRICA

South Africa vs. Uruguay, 3:30 p.m.

#### THURSDAY'S GAME

AT POLOKWANE, SOUTH AFRICA

Mexico vs. France, 3:30 p.m.

#### GROUP B

	GP	W	D	L	GF	GA	Pts
South Korea	1	1	0	0	2	0	3
Argentina	1	1	0	0	1	0	3
Nigeria	1	0	0	1	0	1	0
Greece	1	0	0	1	0	2	0

#### THURSDAY'S GAMES

AT JOHANNESBURG

Argentina vs. South Korea, 8:30 a.m.

AT BLOEMFONTEIN, SOUTH AFRICA

Nigeria vs. Greece, 11 a.m.

#### GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	1	1	0	0	1	0	3
England	1	0	1	0	1	1	1
United States	1	0	1	0	1	1	1
Algeria	1	0	0	1	0	1	0

#### FRIDAY'S GAMES

AT JOHANNESBURG

United States vs. Slovenia, 11 a.m.

AT CAPE TOWN, SOUTH AFRICA

England vs. Algeria, 11 a.m.

#### GROUP D

	GP	W	D	L	GF	GA	Pts
Germany	1	1	0	0	4	0	3
Ghana	1	1	0	0	1	0	3
Serbia	1	0	0	1	0	1	0
Australia	1	0	0	1	0	4	0

#### FRIDAY'S GAME

AT PORT ELIZABETH, SOUTH AFRICA

Germany vs. Serbia, 8:30 a.m.

#### GROUP E

	GP	W	D	L	GF	GA	Pts
Netherlands	1	1	0	0	2	0	3
Japan	1	0	1	0	1	0	3
Cameroon	1	0	1	0	1	1	0
Denmark	1	0	0	1	0	2	0

#### YESTERDAY'S RESULTS

AT JOHANNESBURG

Netherlands 2, Denmark 0

AT BLOEMFONTEIN, SOUTH AFRICA

Japan 1, Cameroon 0

#### GROUP F

	GP	W	D	L	GF	GA	Pts
Italy	1	0	1	0	1	1	1
Paraguay	1	0	1	0	1	1	1
New Zealand	0	0	0	0	0	0	0
Slovakia	0	0	0	0	0	0	0

#### YESTERDAY'S RESULTS

AT CAPE TOWN, SOUTH AFRICA

Italy 1, Paraguay 1

#### TODAY'S GAME

AT RUSTENBURG, SOUTH AFRICA

New Zealand vs. Slovakia, 8:30 a.m.

#### GROUP G

	GP	W	D	L	GF	GA	Pts
Brazil	0	0	0	0	0	0	0
Ivory Coast	0	0	0	0	0	0	0
North Korea	0	0	0	0	0	0	0
Portugal	0	0	0	0	0	0	0

#### TODAY'S GAMES

AT PORT ELIZABETH, SOUTH AFRICA

Ivory Coast vs. Portugal, 11 a.m.

#### AT JOHANNESBURG

Brazil vs. North Korea, 3:30 p.m.

#### GROUP H

	GP	W	D	L	GF	GA	Pts
Chile	0	0	0	0	0	0	0
Honduras	0	0	0	0	0	0	0
Spain	0	0	0	0	0	0	0
Switzerland	0	0	0	0	0	0	0

#### WEDNESDAY'S GAMES

AT NELSPRUIT, SOUTH AFRICA

Honduras vs. Chile, 8:30 a.m.

#### AT DURBAN, SOUTH AFRICA

Spain vs. Switzerland, 11 a.m.

### Sports in brief

**GROUP E** The Netherlands needed a couple of lucky bounces to break down Denmark's sturdy defence for a 2-0 win yesterday, despite struggling to live up to its billing as one of the most dangerous attacking teams at the World Cup.

**GROUP E** Keisuke Honda scored in the first half yesterday to lead Japan to a 1-0 win over an uninspired

Cameroon at the World Cup. The win is Japan's first at the World Cup on foreign soil, and puts the Japanese at the top of Group E along with the Netherlands

**GROUP A** Former France captain Zinedine Zidane says Raymond Domenech "is not a coach" and that "there is no teamwork" among the French players at the World Cup.

THE ASSOCIATED PRESS

## Star striker Jong a far cry from the typical North Korean

**NORTH KOREA** He plays like Rooney, but behaves more like Beckham. He loves his cars, his rap music and his clothes, and changes hairstyles more often than you can say "Kim Jong Il."

North Korea striker Jong Tae Se is not your average North Korean.

Born and raised in Japan, the 26-year-old forward has never lived in communist North Korea, and says he

has no plans to. He loves to shop, snowboard and dreams of marrying Korea's Posh Spice — none of which would be possible in the impoverished

North, one of the most isolated countries in the



Jong Tae Se

### Away from home

• Jong Tae Se is among Japan's nearly 600,000 "zainichi," ethnic Koreans who live in Japan as long-term residents.

world.

But he wears the Democratic People's Republic of Korea jersey with pride, and is moved to tears when he hears the country's anthem. The boy from

Nagoya could become North Korea's biggest international soccer star since Pak Doo Ik scored the goal that knocked Italy out of the World Cup in 1966.

THE ASSOCIATED PRESS





## A salute to Canadian dads

**P&G** We think Canadian dads are superheroes – and we bet you do too. So Metro is pleased to partner with Procter and Gamble to bring you this celebration of Canadian dads, complete with words of wisdom, inspired gift ideas and heartfelt musings on the meaning of fatherhood.

From us to you: a salute to all the men who have made a difference in your life – your dad, stepdad, granddad, uncle or big brother!

Happy Father's Day.

## Top TV Dads pg 3



Take a look at  
TV's zaniest  
fathers of the  
past 25 years



# Celebrating Father's Day

## It's time spent together that really counts

### Tickets to the Stanley Cup final? A Porsche for the day or golf and a steak dinner?

Many dads say it's much simpler than that.

For Doug Davis, 52, runny eggs and burnt toast do the trick. "My kids would trip all over each other running upstairs with the breakfast they made," the Aurora, Ontario dad recalls. "They'd wait for me to take the first bite, anticipation on their faces as if they'd done something magnificent – which they had. Then they'd hand me their homemade cards. Those special moments in life bind you."

Shelley Cinnamon makes the day special for her dad in Edmonton with simple conversation. "He's 92 and has dementia," she says. "We get him talking about growing up on his

### Parental leave

• In 2007, 27% of eligible men filed for parental leave benefits compared to 3% in 2001. Much of the increase took place in Quebec where fathers can take five weeks of leave, which cannot be

transferred to the mother. In Quebec, 56% of fathers took paid parental leave in 2006. In the rest of Canada the rate was 10%.

FATHER INVOLVEMENT  
RESEARCH ALLIANCE

Saskatchewan farm. I find out how Dad became Dad... and how he got the values and beliefs that he passed on to me."

Karen McLennan's dad passed away at 53, but she has fond memories as a little girl, caddying a Father's Day golf game in Toronto and talking about "everything under the sun".

One special year, Maureen Barrett biked with her father to a strawberry patch in rural Ontario. But they

got lost taking a shortcut home and "the strawberries were mush and dripping all over when we finally got there. We laughed about it for years."

Dr. Zane Zarzour, of Victoria B.C., will always remember the Father's Day he was 12 and won a gift for his dad. He'd had a running wager with the neighbour: if he beat the man at basketball, Zane would get tickets to a baseball game; if he lost, he'd have to do

the man's chores. Of course he always lost, and got stuck cutting his grass and cleaning out the garage. "One day, I finally beat him, and I got to treat Dad to a game. I was incredibly proud."

Anne Stuart, 78, remembers a different kind of Father's Day. Her dad took immense pride in the flowers he planted on a boulevard in Stratford, Ontario. It was town land, but he'd made it his garden, watering with a tin can every night. Anne marked a recent Father's Day by having a stone marker placed on the still-blossoming garden, its words recalling a man who poured his heart into a patch of ground. "It's like there's a bit of my father still there."

KIM ZARZOUR

## Father's Day is 100 years old

**ORIGIN** Barbecue aprons and garden tools, computer bags and golf shirts seem to be what Father's Day is all about. Actually, Father's Day is 100 years old this year – and 1910 was long before BBQs and computers.

The Father's Day idea took root in 1909 in Spokane, Washington. Sonora Smart Dodd, listening in church to a sermon about Mother's Day, felt that fathers needed recognition as well – not surprising since her own dad, William Smart, a Civil War veteran, raised his family alone after his wife died giving birth to their sixth child. Dodd's ministry liked her idea and on June 19, 1910, the first Father's Day was celebrated. Now 56 countries celebrate dads on the third Sunday in June.

David Schatzky, a Toronto therapist, says fathers have more than earned their day of celebration. Schatzky notes that fathers are much more involved both practically and emotionally in their children's lives than they once were. And Dads want that involvement.

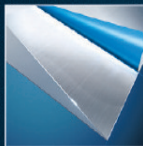
"Fathers are feeling that one of the payoffs of being involved in the lives of their children is the emotional satisfaction it brings." It's a winning combination. "Fathers who show appreciation and support," says Schatzky, "give children confidence and a sense of security." And that's worth celebrating.

GILDA SWARTZ



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**Dads and housework**

In 1986, the average mother did 2.2 hours more housework per day than fathers (3.3 vs. 1.1 hours).

In 2005, the difference had decreased to 1.3 hours (2.8 vs. 1.5 hours). **FATHER INVOLVEMENT RESEARCH ALLIANCE**

father's day **3**

# Trendwatch

## Beyond the shower and shave

**These days, more and more men are spending time, energy and money on the sort of look good strategies women have always considered essential: a good hair cut and colour, age-defying skin care and the occasional trip to the spa.**

"Men are definitely playing more with their appearance," says Greg May of Greg May Hair Architects, Toronto. "It's not like they just shave every day and that's it."

Today's hip haircut is a classic 1940s Cary Grant style with a deep side part or hair combed right back, says May. He also gets requests for loose texturing, side-swept fringes, "under cutting" with hair cut shorter underneath, and as summer approaches, more military cuts.

Men have been colouring their locks to disguise the gray for some time, but a new trend, even among young guys, is silver hair. "It could be a throw-back to the 1980s Billy Idol platinum blonde look," says May. Instead of highlights, men are opting for hair painting, a technique that uses a brush to paint on a lightener and requires no heat or foils. "It makes a man look sun-kissed, like he's been to Cuba for a week," notes May.

As for facial hair, men are experimenting with goat-ees (traditionally just hair on the chin). "They may shave off the moustache and just keep that soul patch (the strip of hair under the bottom lip), maybe with a little beard underneath," says May. They're also more conscious of their sideburns, adds May. "Guys are starting to realize that cutting sideburns on a downward angle actually



**"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging."**

Greg May, Greg May Hair Architects

lengthens the face."

Hair isn't men's only esthetic priority; skin care is high on their list too. At first, a guy may have to be dragged into the spa - often for a facial just before his wedding, says Alana Jestadt, manager of Pure+Simple, a spa in Toronto's Yorkville.

But these men often return on their own for facials, blackhead extractions, massages, masks,

brow waxing, and IPL (intense pulsed light) treatments to remove chest and back hair, she says.

"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging, so they end up buying unscented products like shaving cream, cleansers, toners and serums," says Jestadt. "It makes them look and feel better."

PAULINE ANDERSON

## TV WISE GUYS

**TV** Looking for some pantheons of paternity to light the way this Father's day? Here are five of television's zaniest fathers of the past 25 years with their pearls of wisdom:

### 1 Dr. Heathcliff Huxtable, *The Cosby Show* (1984-1992)

"I am your father. I brought you into this world, and I will take you out!"

### 2 Dan Conner, *Roseanne* (1988-1997)

"Hey, if you don't finish your crud, you're not going to get any crap for dessert."

### 3 Homer Simpson, *The Simpsons* (1989-Present)

"Kids, you tried your best and you failed miserably. The lesson is: Never try."

### 4 Red Foreman, *That '70s Show* (1998-2008)

"Son... there's something you should know... you're an idiot."

### 5 Bernie McCullough, *The Bernie Mac Show* (2001-2006)

"I would like to give these kids a good home. In fact, there's one a few miles away from here..."

### Baby ... oh baby!

• 55% of fathers take time off from work around the time their children are born - 21% use vacation days and 11% take unpaid leave.

**FATHER INVOLVEMENT RESEARCH ALLIANCE**

## Lessons from my father

**LESSON** My father was an expert in electron microscopy and was used to probing the secrets of the very, very small. If a family discussion became heated, he would roll up a magazine and observe the speakers, as if through a microscope. It was his way of gaining perspective. It also had the effect of stopping any argument.

And it taught me that what you see is often not what you get.

Atoms didn't really look like the drawings in the text book he told me. More like swarms of bees maybe. "What colour? We don't really know. Let's say red and white." For years I lived with a mental picture of atoms as swarms of red and white bees. Who knows? Maybe they are.

He speculated that many of the world's ills came from not seeing clearly. "We're all the blind men with the elephant. We don't see the whole, or we get the wrong perspective." He had a pocket microscope, which he often used. "Look at this fly," he said, passing me the microscope. "A hideous monster, right? See one crawling up your window and

it's just a little black dot. So which is the real fly?"

Once, in the country, he turned us loose at the edge of a beautiful green field. We began to run across it -

and blundered into a minefield of fresh cow pies. When we came back, smelly and bespattered, he just grinned. Things aren't always what they seem.

By the time digital cameras came out, he was retired. The camera was the perfect toy. He could take as many pictures as he wanted, and play endlessly with the images. His best effort was an image of the prime minister against a background of short brown hair. "A double horse's behind," he explained proudly.

# %

of new fathers by age (Canadian fathers with at least one child under age two and no children over age five)

• 15 - 19 1%  
• 20 - 29 30%  
• 30 - 39 59%  
• 40 - 49 9%  
• 50 - 64 1%

**FATHER INVOLVEMENT RESEARCH ALLIANCE**

CHRIS ATTACK

## father's day flowers



When giving flowers to a man, says Louise Gadoury at sierraflower.com, we usually go for big, bold exotics. The pictured Redondo bouquet is a popular gift for dads and features Birds of Paradise too.

SIERRAFLOWER.COM

## 4 father's day

## Involved dads

The number of fathers reporting daily participation in child care rose from 57% in 1986 to 73% in 2005.

FATHER INVOLVEMENT RESEARCH ALLIANCE

# Dad's Gift Guide

Gifts of time, leisure and style for dad, stepdad or granddad.



**1** BBQ fork with digital temperature reader  
Maverick, \$14.99; Canadian Tire, [canadiantire.ca](http://canadiantire.ca)

**2** Straw hats  
Goorin, \$60 to \$75 each; Harry Rosen

**3** Retro-proud twill CBC Thunderbolt Radio-Canada Tech Kit Bag  
Red Canoe, \$129; [redcanoebrands.com](http://redcanoebrands.com)

**4** Fyrkat Portable BBQ Bodum, \$59.95, and co-ordinating tongs, flipper, grill brush, \$19.95 each; Sears

**5** Samsung PL 100 digital camera  
makes for perfect buddy self-snapshots every time; \$249, [samsung.com](http://samsung.com)

**6** Dual-pocket travel kit and accessories  
Upper Canada, \$30, [uppercanadasoap.com](http://uppercanadasoap.com)

**7** Sterling silver moneyclips  
Engraved \$165, or T & Co. 1837 \$150; both Tiffany & Co., [tiffany.ca](http://tiffany.ca)

**8** Slip-on deck shoes  
Joe Fresh, \$19; [joe.ca](http://joe.ca)

**9** Pronto Large Gear Clock  
\$59.99; Indigo Books & Music

**10** Polo shirt  
\$14; Joe Fresh, [joe.ca](http://joe.ca)

**11** Legendary Eagle watch  
Swatch, \$135; [swatch.com](http://swatch.com) for retailers

**12** Flight Clock  
\$59; Indigo Books & Music

**13** Apple iPad  
serves as a keyboard-less laptop as well as a platform for high-def movies, books, games, work documents and more, from \$549; [apple.com](http://apple.com)

## Books for Dad

Give the gift of a great read from this fab-four Father's Day list.



**Sh\*t My Dad Says**  
By Justin Halpern.  
Harper Collins Publishers

Ltd., \$17.99. Halpern's hilarious book, based on his popular Twitter feed, chronicles clever, blunt and sometimes raunchy, words of wisdom from his dad.



**The Road**  
By Cormac McCarthy.  
Alfred A. Knopf, \$24.

In this post-apocalyptic thriller, a father and young son, alert for bands of savage men, search for the sea. Their love keeps the pair from despair. Bleak and brilliant.



**The Film Club: A True Story of a Father and a Son**  
By David Gilmour Thomas.

Allen Publishers, \$27.95. When 15-year-old Jesse Gilmour wanted to quit school, David, a former film critic, had one proviso: that Jesse watch three films a week with him. Discover what developed between the two.



**The world is a Ball: The Joy, Madness, and Meaning of Soccer**  
By John Doyle.

Doyle. Doubleday Canada, \$29.95. This travelogue and world-cup primer analyzes the history, politics and passion of the planet's most popular game.



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## 6 father's day

## Stay-at-home dads

In 2008 10% of families with a stay-home parent had a father at home, compared to 4% in 1986 and 1% in 1976. **FATHER INVOLVEMENT RESEARCH ALLIANCE**

# Like Father ... Like Daughter

## 5 women who followed in their fathers' footsteps

**1** Melanie Hindle, 35, grew up in Jasper National Park watching her dad, Murray, the park's warden, patrol the back country on horseback while dealing with bears, forest fires, and stranded people. After completing a science degree and honing her own outdoor skills, she became a resource management and public safety specialist, like her dad, at Manitoba's Riding Mountain National Park.



Grace Cullen inherited her father's love and talent for rowing.

**2** Ski cross Olympian 21-year-old Julia Murray just competed at the Vancouver Winter Olympics. She lost her father, Olympic downhill ski racer Dave Murray, when she was just two but she is keenly aware of his presence thanks to old racing videos, a training hill at Whistler that's named after him, and countless people who tell her how much she skis like him. To steady her nerves on race day, Julia takes a deep breath, looks up, and says 'Hi Dad'.

town look up to hers. Ask anyone in Virgil, Ont., she says, and they'll tell you that Ward Simpson "is the nicest man around... who wouldn't want to emulate that?" Lisa says he was secretly hoping she'd follow in his footsteps, and the day she was accepted into pharmacy "was extremely emotional for him".

**4** Coletta Huber is a 46-year-old hairdresser who started working with her father 31 years ago. The first five years were

"sheer hell, while he taught me everything he knew." But now they're friends. Working together at Hairs In Place in Ajax, Ont., has put Coletta on more equal footing. "I'm brutally honest and stand my ground. He respects that."

**3** We all want to look up to our dads, but 38-year-old pharmacist Lisa Simpson has the privilege of having a whole



PAULINE ANDERSON

Grace and Michael Cullen

**5** Michael Cullen's 21-year-old daughter Grace inherited his love and ability for rowing. He rowed for Canada's national team in the 1980s and today, the Trent University student has aspirations to be on the national team one day. "The first time she came alongside me on the river, it was 5 a.m., quiet, and beautiful. There I was doing what I love to do, and now, my daughter is doing it too. That is deeply satisfying."

## Confessions of a stay-at-home dad

**OLYMPICS** "I probably cook five dinners a week," says Jeff Pain, 39, of Calgary. "I don't love cooking, but I do love being home and eating dinner with my kids every day. That's why I do it." The married dad cleans countertops too - and handles the family's gardening. When his young sons, Kyle and Thomas, are home from school, Jeff is the parent they run to when they want a snack or cut their finger. Then there's the house to-do list: a door to fix, pic-

tures to hang, letters to write.

"There's so much to do when you get home from the Olympics." For Pain, the 2010 Winter Games in Vancouver was another chance to compete for gold in skeleton, his high-speed sport of choice.

But the real challenge was balancing sport with a healthy home life. And that's happening too. While he mans the homefront and gets over the boys' daytime activities, his wife Aly,

an Executive Team Coach, is pushing her career to the next level.

If he's lost anything as a stay-at-home dad, Jeff says it's the sense of team and companionship he once had. But like many of the dads he meets when he picks up his sons from their Montessori program, Jeff has entrepreneurial plans. He intends to help clients find a successful work-life balance of their own.

For now he'll continue being a champion stay-at-



Aly and Jeff Pain share the fruits of their hard work: Jeff's silver medal, won in skeleton at the 2006 Olympic Winter Games.

home dad. It's another winning formula for the Pains.

CHRIS EDWARDS

## Famous Father's Crossword



### ACROSS

2 This Jerry was George's father on Seinfeld and Ben's father in real life

3 This Fred was a member of the Loyal Order of Water Buffaloes

4 He won't be winning the Empire's Best Dad award any time soon (2 words)

5 Atticus \_\_\_\_ was the widowed hero of the 1960 novel To Kill a Mockingbird

7 He played the adoptive father in the 1999 film Big Daddy (2 words)

11 Dan Castellaneta is the voice of the animated dad on this show (2 words)

13 Paul Reiser and Greg Evigan starred on this NBC sitcom from 1987 to 1990 (3 words)

15 This was Mike Brady's profession on The Brady Bunch

17 This Shakespearean drama depicts a father's troubling relationship with his three daughters (2 words)

18 Martin Sheen is the father of Charlie Sheen and Emilio \_\_\_\_

19 This song was written by one Beatle to comfort another Beatle's son during his parents' divorce (2 words)

### DOWN

1 He played the father in the 1991 film Father of the Bride (2 words)

2 He played the father in the 1951 film Father of the Bride (2 words)

6 Father Christmas is also known by this two-word moniker

8 Father and daughter celebs John and Anjelica \_\_\_\_ have both won Oscars

9 Bill Cosby was the patriarch of this clan on The Cosby Show

10 Jon \_\_\_\_ is the estranged father of Angelina Jolie

12 This Fred played the guy who had three sons

14 Archie Bunker has this pet name for his son-in-law on All in the Family

16 A. A. \_\_\_\_ based Winnie the Pooh's pal Christopher Robin on his own son

For answers to this crossword visit: [metronews.ca/dad](http://metronews.ca/dad)



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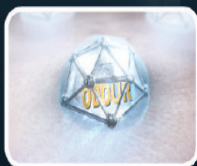


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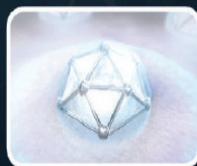
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# CHILDCARE AWARENESS

**T**he play spaces Rusty Keeler designs seem almost surreal. Making use of natural space, Keeler's designs incorporate hills, pathways, gardens, trees and multi-sensory experiences (such as musical instruments). These designs are definitely a stretch from the concrete play spaces prevalent in today's society.

The upstate New York artist/designer was in town recently as the keynote speaker for the 2010 Nova Scotia Child Care Conference and Trade Show. His speech focused on creating natural play spaces for children.

"It's thinking about ways to connect children with nature," says Keeler. He began his career in the industry as an industrial designer for a playground manufacturer.

"I loved designing for children and thinking about children's play," says Keeler.

He then went to work for the firm's sister company in the Netherlands which changed his way of thinking.

"I kind of got blown away by seeing art in public places and fountains and the play areas over there had a bigger mix of nature, art and some fixed equipment," he recalls. "It wasn't like in North America where it's mostly just fixed equipment."

Keeler came to the realization it was these sorts of designs which would better allow children to connect with nature.

For the past 13 years, he's been wowing both parents and children across North America and China with his designs.

Keeler says there are a number of practical ways to make small changes to an existing playground that can have a big impact on a child's connection to the planet. One of those things is to add a garden.

"Just starting a garden is pretty amazing because kids are fascinated and can have a fascination with the plants they're taking care of," he says.

Keeler feels that having a proper outdoor play space for children is crucial because it is a child's introduction to the outside world and the planet.

## Child Care Awareness Days

If it seems there is a little more awareness of child care this month, there's a reason why - June is the month when Child Care Awareness Days happens.

"Child Care Awareness Days focuses on the child care programs and the people who provide child care," says Elaine Ferguson, the executive director of Child Care Connection Nova Scotia, the organization behind the initiative. This allows child care centres to identify as a group and be celebrated and recognized for the important work they do.

The first Child Care Awareness Days ran from Aug. 23 to Sept. 10, 1993. The timing was specifically meant to coincide with the arrival of Howard Clifford, an Ottawa bureaucrat who Ferguson calls the "grandfather of child care in Canada."

In 1992, he biked across half of Canada to increase awareness of child care and in 1993, he finished the rest of the journey.

"Howard was coming into town and we wanted to do some celebration around it and we came up with the idea of Child Care Awareness Days and it just happened Aug.

23 to Sept. 10 was around the time he would be around," recalls Ferguson.

She remembers an anecdote he used to say: "When apples grow in your backyard, they don't cost anything. But when you have to buy apples, all of a sudden apples are expensive."

"He said that's the same thing with child care," says Ferguson. "When you have grandmothers at home or moms at home, child care doesn't cost anything. But when you need to get someone else to do it, it's going to cost something and we need to realize that and not expect moms and grandmothers to do that plus work. It's always stayed with me."

Ferguson says the cost of child care is a matter that needs more public attention.



"I don't think there's a real awareness of the cost of child care in Nova Scotia," she says, estimating that in Halifax, top-end child care will only cost \$30 per day (and that includes lunch, snacks, plus staff wages).



*Incorporating pathways into children's play spaces is a staple of Rusty Keeler's designs.*

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# SERVICE AWARDS 2010

**A**s a part of its mandate to gain more recognition and respect for early childhood educators, Child Care Connection Nova Scotia (CCCNS) created service awards last year to recognize child care facilities that have been operating for more than 20 years.

"They've really contributed an awful lot [to their communities] and probably touched a lot of families lives," says Elaine Ferguson, the executive director of CCCNS.

"Any centre that's been viable for over 20 years is run well and the parents are obviously continuing to support it," she says. This year, seven facilities are being honoured and one of them has even been in operation for over 100 years.



By having plants as part of a children's play space, kids can learn about nature.

## **A Child's World Early Learning Centre • Dartmouth, NS** **Founded: 1982**

**Who?** Elizabeth (Liz) Hicks and Susan Kirby-Smith (Stacey)

**Why?** To fill the need in the Cole Harbour area for a well-rounded, part-day child care program with a home-like quality.

**High Points:** Founded in 1982 by Liz Hicks and Sue Stacey, the Centre was housed in Sue's home on Nova Terrace in Dartmouth. The Centre moved in 1988 to Liz's home on Spence Drive and was now solely owned and operated by her. The latest move in 2005 was to Bissett Road in Dartmouth. The Centre is currently owned and operated by Lynne Travers. A Child's World was one of the first part-day child care centres to explore emergent curriculum and we strive to increase our skills in this area. The Centre has always been an integral part of the community, with children going to nearby points of interest and visiting local elementary schools to read with the students there. Members of the community are also invited to visit the preschool and share their knowledge with the children.

**Our future:** Literacy continues to be a strong component of the program. Past and present staff still marvel as the children in our care grow, mature, try things they have not done before, gain confidence and independence, and experience the joy of self-discovery and accomplishment.

**Executive Director:** Lynne Travers

## **Bright Beginnings Child Care Centre • Amherst, NS** **Founded: May 1974**

**Who?** Rev. Anne Hunter

**High Points:** The Bright Beginnings Child Care Centre has deep roots in Cumberland County. It has touched the lives of many families. If it had not been for Rev. Anne Hunter, a child psychologist who had come here to live and work, the Centre may not have been born. She saw a need for child care outside the home. The Centre was first able to meet its own financial needs in 1990. Fifty subsidized spaces were filled to capacity and this helped brighten the financial picture of the centre. The operating funds are now drawn only from parent fees.

**Our future:** The Centre has come a long way and it is the hope of all that it improves and expands its existing programs. Many renovations have been done and more are in the process of being done. We have expanded from 50 to 58 child care spaces and have recently applied for more.

**Executive Director:** Patsy Bennet

## **Dartmouth Day Care Centre** **Dartmouth, NS** **Founded: 1974**

**Why?** The Dartmouth Day Care Centre was created from a shared vision for creating a quality child care program for families and children in the East Dartmouth area.

**High Points:** We were incorporated in 1974 and settled into the basement of St. Luke's Anglican Church on Veterans Avenue. We started out small with an enrolment of 30 children. In 1987, we expanded to 33 Crichton Avenue due to the increased need for child care in the central Dartmouth area. After successfully expanding and operating two full-time child care programs, the Board

of Directors of the Dartmouth Day Care Centre approved the move of the St. Luke's program to 28 Caledonia Road in 1990. The building on Caledonia Road was built on city land through grants and loans.

**Our future:** Dartmouth Day Care Centre provides quality child care to 116 families in East and Central Dartmouth. We are proud to celebrate 36 years of service to our communities and thank all those involved in helping to create such a wonderful organization.

**Executive Director:** Suzanne Power-Hann

## **Edward Jost Children's Centre/Jost Mission Day Care Society Spryfield, NS** **Founded: Late 1800s and formally recognized as a child care centre in 1910**

**Who?** Edward Jost and the Jost Mission

**Why?** The Jost Mission was established by Edward Jost in 1868 on Brunswick Street in the location opposite the Old Town Clock in Halifax. One of its main functions was aid in the welfare and education of young women and children.

**High Points:** In the late 1800s, the Jost Mission Church decided that it was important to support working, single low-income mothers. They began providing child care for these ladies while they went out to earn a living. It began with volunteer women who came from a variety of Halifax churches to volunteer their time watching the children. In 1910, they opened a nursery school and after-school program, creating the earliest documented daycare in Nova Scotia. In 1978, the Mission was sold to make room for the Halifax Metro Centre. The daycare was moved to Bethany United Church on Joseph Howe Drive, where it remained in

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operation until the new location was opened. In 1989, over 100 years later, the tradition continued with the building of our current centre at 7 Mont Street in Spryfield where we continue to provide a quality, inclusive early childhood learning and care program.

- 1869 ~ Jost Mission began providing child care
- 1910 ~ Became a recognized child care facility
- 1973 ~ Became licensed
- 1978 ~ Moved to Bethany United Church
- 1988 ~ Became incorporated as a non-profit centre
- 1989 ~ Changed its name from Jost Mission Daycare to the Edward Jost Children's Centre
- 1989 ~ Constructed a special architecturally-designed child care facility in Spryfield which was designed to be an inclusive centre
- Approved for a \$1.5 million dollar expansion

**Our future:** We are celebrating over 100 years of providing high-quality child care.

**Our Dreams:** We are hoping to open a new facility in 2010-2011 to add an additional 54 spaces to our program.

**Executive Director:** Kathleen Couture (executive director) and Michel LeBouthillier (board chair)

## Mount Saint Vincent University Child Study Centre • Halifax, NS Founded: January 17, 1977

**Who?** Department of Child Study, Mount Saint Vincent University

**Why?** The centre was founded for two reasons:

1. To provide care for children of students attending the university.
2. To provide students enrolled in the child study program with practicum placements and opportunities for observations.

**High Points:** In 1992, an interim Board of Directors was established and the Centre received its first subsidized spaces. In 1993, the Child Study Centre was incorporated as a non-profit society under the Registry of Joint Stock Companies and a permanent Board of Directors was established. On Oct. 20, 1996, the children were invited to perform with Sharon, Lois and Bram as they received honorary degrees during fall convocation. On May 4, 1997, the Centre celebrated its 20th anniversary. In September 1999, the children were invited to cut a cake at celebrations marking the 125th anniversary of Mount Saint Vincent University. In 2002, Minister of Community Services Peter Christie held a news conference at the Centre announcing the Early Childhood Education Training Initiatives Grant. In 2003, over 100 children and their families attended a concert held in conjunction with the East Coast Music Awards as guests of Ronald McDonald House Charities. On March 3, 2005, Minister

of Social Justice Ken Dryden and Minister of Finance Ralph Goodale visited the Centre.

**Our Dreams:** Our greatest dream is that one day we might have a new, larger facility.

**Executive Director:** Debbie Armstrong

## Near To Me Day Care Truro, Nova Scotia Founded: March 1990

**Who?** The Near To Me Day Care centre was founded by group of employees at Colchester Regional Hospital.

**Why?** These employees saw the need for flexible child care for staff members. They researched the idea and founded the centre.

### High Points:

- Grand opening in 1990.
- Expansion and renovation in 2003.
- Close relationship with the Nova Scotia Nurses Union, as highlighted in a 2009 YouTube video (search Hosp Daycare).

**Our Dreams:** We would like to "create" a new centre with infant care, more space and more capacity. Our relationship with the Colchester Regional Hospital is important and we would like to remain close to the new facility scheduled to open in 2011.

**Executive Director:** Sara Hazelton

## Sackville Family Day Care Association • Lower Sackville, NS Founded: June 30, 1980

**Who?** The Sackville Family Day Care Association was started by a group of local citizens.

**Why?** To address a community need for affordable, accessible child care. In 1980, there were no non-profit programs where parents could access provincial subsidies.

### High Points:

- Moving from an in-home program to a community "hub" model of services for children and families.
- Accessing grants to enhance programming and the facility itself.
- Retaining staff/providers. The director has been with the Association for 30 years and the program coordinator has been with it for 23 years.
- The staff of eight is very experienced. Its newest member has an eight-year history with the organization.

**Our Dreams:** To continue working towards our vision and mission. Our solid groundwork has laid a foundation of security on behalf of our children and families. We have achieved many goals in our 30-year history and the dreaming never stops. Feedback from our families through evaluation work continues to move us beyond our expectations.

**Executive Director:** Joyce Beaudry



Elaine Ferguson



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# NURTURING NATURE

**T**he 2010 Nova Scotia Child Care and Trade Conference recently happened in Dartmouth at the Holiday Inn Harbourview in Dartmouth. The theme of the conference was Nurturing Nature, which means incorporating more of the natural environment into children's play spaces.

At the centre of this movement is an artist and designer from upstate New York named Rusty Keeler who was present at the conference as the keynote speaker.

"He's an amazing architect and designer for beautiful outdoor play spaces that incorporate nature into them [using] things like hills, grass and water," says Elaine Ferguson, the executive director of Child Care Connection Nova Scotia, one of the four organizations that jointly put on the conference.

One of the highlights of the conference was on Saturday afternoon when Keeler joined 75 conference participants at the two playgrounds of the Dartmouth Developmental Centre where they built a willow hut. This involves taking a willow plant and shaping it into a hut.

For the 250 attendees, the conference also involved professional development workshops, a trade show and plenty of opportunities to connect with other people in the early childhood education field.

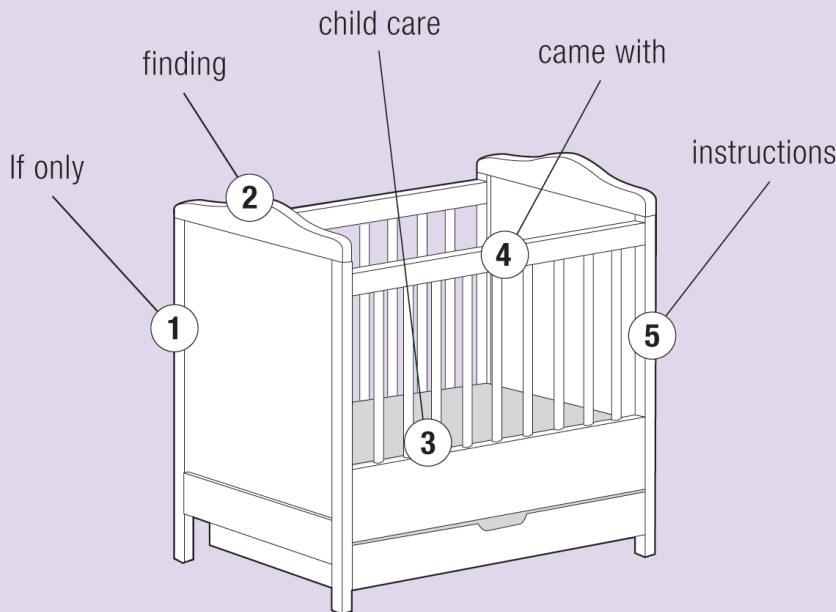
"Sometimes when you're working in your classroom, you're focused right on the children and you don't get a chance to put your head up and see really how large a group of people there are that are providing child care and this is one way we can pull them together," says Ferguson.

She says the conference itself had a number of goals.

"There's always the overarching goal of pulling people together to network, to appreciate each other and there's also the goal of providing additional resources for people," says Ferguson. "Our [main] goal is to have an impact on people's conversations and reflections and actions around incorporating nature into the play spaces."

This theme is quite appropriate for Nova Scotia with its abundance of natural beauty.

This year marked the 21st time the conference was put on. From its first conference in 1990 to the present day, it has had an important influence on the professional growth of early childhood educators.



## EVENTS

Jam packed with events, the **2010 Nova Scotia Child Care and Trade Conference** proved to be an enriching and rewarding experience for the 250 attendees. Some of the key events over the two-day conference included:

### FRIDAY

- The highlight of Friday's events was the awards and recognition dinner gala which honoured early childhood educators who have demonstrated excellence in their work and service to children and families.

### SATURDAY

- The keynote speech was by noted artist and designer Rusty Keeler. Keeler is renowned for his play space designs which make use of natural space and incorporate hills, pathways, gardens, trees and multi-sensory experiences (such as musical instruments).
- Choosing which professional development workshops to attend was a challenge for conference attendees. With 15 workshops to choose from, some of the workshop titles included: Creating a Meaningful Circle-Time Experience, Developing Skills Through Science Exploration and Leave No Child Inside: Fighting Nature Deficit Disorder.

## Alexandra Children's Centre

### Celebrating Child Care Awareness Days in Nova Scotia

The Board of Directors of Alexandra Children's Centre would like to express our appreciation to our **Team of Early Childhood Educators** who are dedicated to the early learning and care of young children.



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**U.S. officials looking to ban peanuts from flights**

Federal regulators in the United States are considering a snack attack on airlines that would restrict or even completely ban serving peanuts on commercial flights. Advocates say the move would ease fears and potential harm to an estimated 1.8 million Americans who suffer from peanut allergies. **THE ASSOCIATED PRESS**

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# Health & Beauty

## Learning to just 'be'

Meditation can help you unwind from a hectic lifestyle

ROMINA MCGUINNESS  
Metro World News

**Free your mind, and the rest will follow!**

**Mediation guru Andy Puddicombe tells Metro how to unleash your mind the right way.**

Puddicombe trained as a Buddhist monk in the Indian Himalayas. Today, he's got an office base in London, England where he works as a meditation "guru" to rock stars, elite sportsmen and celebrities. He tells Metro about trying to get people to disengage from the whirlpool that is their thoughts and just "be..."

### THE MEANING OF MEDITATION

"In a world where everything is black and white, people are frustrated by things they don't understand," says Puddicombe. "As a technique, it's about sitting in a quiet place, undisturbed for 10 to 20 minutes but as an experience it's harder to explain."

Try and explain the taste of chocolate he says, you can try and describe it, but it's a totally different thing once you out it in your mouth.

Psychotherapist Marisa Peer trained with meditation expert Deepak Chopra and describes meditation as learning to do nothing more than focus on your breathing, staying still and keeping distractions far away.

### SO, WHAT IS IT?



Meditation can help anyone from rock stars to athletes to accountants.

"It's a way of calming the mind," explains Puddicombe. "Once you have attained a degree of stillness, you'll have clarity and better understanding what is going on around you. Meditation heightens anything from awareness and self-understanding, calm and clarity, to compassion and empathy. It's about knowing how you feel and why you feel it."

### SHOULD I MEDITATE?

People who come to Puddicombe have often been referred to him after suffering from depression, anxiety, insomnia, addictive behaviour, anger issues or high blood pressure.

"I treat people stuck in emotional patterns of de-

structive behaviour, which is a loop people find hard to get out of. Imagine being stuck on a wheel and spinning around faster and faster without being able to stop. You need to step off the wheel, allowing natural momentum to slow it down. Meditation is about observing the mind, feelings and thoughts and rather than running away from them, perceiving them."

### DOES IT REALLY HELP?

Puddicombe's favourite analogy to explain the benefits of meditation involves a road and a blindfold.

"Imagine you're sitting on the side of the road with a blindfold, you are aware of the noise, stress

and unpleasant surrounding but can't see it. Take off the blindfold and this is where you begin meditating. See the cars as your thoughts, you'll be tempted to stop the flow of traffic but hold back and watch from where you stand. You're creating a space where you allow the mind to naturally unwind."

In essence meditation allows you to step out of an emotional loop and disengage with a pattern of behaviour. A recent study carried out at Harvard Medical School found that meditation led to an increase in blood flow in the prefrontal cortex, associated with positive emotions such as happiness.

The verdict ... just be.

## Meditative eating

Andy Puddicombe teamed up with British chef Jamie Oliver to promote the concept of "mindful eating."

"Based on the same principles of floor meditation practice, mindful eating is about bringing a sense of presence to the activity of eating. Appreciating your food and being grateful for it in a calm and open manner is key," says Puddicombe.

The campaign wants people to not simply focus on the food they eat, but the entire process, from shopping, chopping and cooking. If you are mindful and present, cooking becomes a pleasurable activity.

"People must learn to put some love into cooking rather than see it as a chore," he explains.

"So many people have issues with food, either over or under indulging, sometimes swinging from one to the other. By being engaged in the moment as you cook and eat, you will be more



Meditation guru Andy Puddicombe believes that connecting with the entire process of food creation and eating will let people appreciate what they put into their bodies.

aware of emotional swings and less likely to cave into cravings signalled by your thoughts. Disengage from these thoughts, make the right nutritional choices, don't rush and appreciate what you put into your body."

ROMINA MCGUINNESS/  
METRO WORLD NEWS

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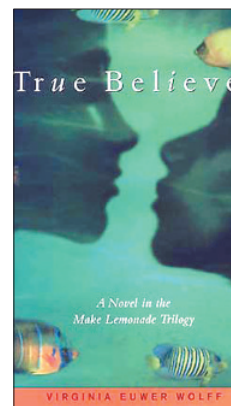
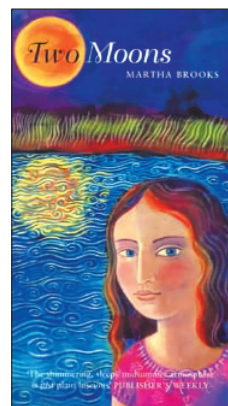
## Fiction can help youths learn about love, sex

Books can open discussion on tough subjects

The J Spot

Josey Vogels

[metronews.ca/thejspot](http://metronews.ca/thejspot)



Novels such as *Two Moons*, left, and *True Believer*, right, can give young adults a better understanding of the emotions and confusion about adolescence than a school sex-ed class can.

Recent debates about sex education in schools has sparked a conversation about what kids should — or shouldn't — be learning when it comes to sex.

But frankly, most sex education rarely talks about stuff kids really want to know about; that is how to deal with the emotions, the heartbreak, the negotiations and the confusion involved in being an adolescent whose hormones are just getting kick started.

That's where today's glut of young adult fiction can play a role. Fiction is full of characters young people can relate to who are facing things they're facing, or opening their minds up to things others may be going through.

As Virginia Euwer Wolff writes in *True Believer*, a coming of age story of 15-year-old girl that, "In the sex class we have to take by school law where they showed condoms and scared us about AIDS, they said sexuality is the most confusing thing about being a teenager."

"I am sure this is correct because I strained my ears to hear over the racket of kids making a joke of the class waving condoms on their fingers hooting. And also because the sex teacher said it four times."

In her book *Two Moons* in August, Canadian author Martha Brooks grap-

ples with the tangled emotions of a young girl coming to terms with her mother's death one summer, and falling for a boy who moves into her neighbourhood, but who already has a girlfriend.

And Diana Weiler is one of the few authors who writes books aimed specifically at teenage boys, a group not exactly known for its voracious reading habits. But if there's anything that's going to get a young guy to turn off the TV or the video game and pick up a book instead, a book that deals with sex is probably a good bet. If it's one that deals with some of the confusing emotions and issues he's currently facing, all the better.

The other brilliant thing

about young adult fiction is that it offers another tool for plenty of parents, most of whom, quite frankly, would rather have root canal surgery than talk to their kids about sex.

And let's face it, how many teens really want to talk to their parents about this stuff anyway? That doesn't mean you can leave a pile of books beside your son or daughter's bed and tell them to have a good life. But a good book, offers the opportunity to open the discussion, and to broach some of the issues that might not otherwise come up.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).

### On the shelves

- Love & Sex: Ten Stories of Truth, Michael Cart (Editor)
- Sticks and Stones, Beth Goo-bie
- You Don't Know Me, David Klass
- Seven For a Secret, Mary C. Sheppard
- Pedro and Me: Friendship, Loss and What I Learned, Judd Winick

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**Olive oil industry**

Extra-virgin olive oil, once the domain of Spain and Italy, is popping up in surprising new places. It's on the up-and-up Down Under, growing in Croatia and is becoming such an industry in South America that a Chilean producer is bringing two products to the U.S. market this year. **THE ASSOCIATED PRESS**

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# Food



## Gluten-free baking

When a person suffers from celiac disease, the aroma of home-baked bread, cookies, buns and cakes can be difficult to endure. This is because those with the disease cannot tolerate gluten, a protein in wheat, rye and barley. For those suffering from this condition, Wendy Turnbull, a Calgary-based celiac, has developed, through years of testing, a recipe for a gluten-free flour which she calls GEMS. And now she shares her flour recipes with readers in her new book *Gems of Gluten-Free Baking*. **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# Treat dad to his BBQ favourites

One of the great features of Father's Day is that it takes place in June. The warm and sunny weather is a definite incentive to celebrating outdoors.

And this is where the barbecue comes into play. Here are two dad-friendly recipes for flank steak and sirloin cheeseburgers. Serve with a selection of salads and father will be in seventh heaven.

**Tagliata of Flank Steak**

MAKES 4 TO 6 SERVINGS

WINE MATCH: CHILEAN CABERNET SAUVIGNON

**INGREDIENTS:**

- 1 flank steak, about 750 g (1 1/2 lb) and 2 cm (3/4 inch) thick
- Extra-virgin olive oil
- Kosher salt
- Ground black pepper
- 75 ml (1/3 cup) balsamic vinegar
- 2 ml (1/2 tsp) granulated sugar
- 1.5 l (6 cups) loosely packed baby arugula
- 250 ml (1 cup) loosely packed shaved Parmigiano-Reggiano cheese

**METHOD:**

Lightly brush steak on both sides with oil and season evenly with salt and pepper.

Allow steak to stand at room temperature for 15 to 30 minutes before grilling.

Prepare grill for direct cooking over high heat (230 to 290 C/450 to 550



Celebrate Father's Day this year by firing up the grill for favourites like Tagliata of Flank Steak, above, and Sirloin Cheeseburgers, above right.

F).

In a small saucepan over medium-high heat, combine vinegar and sugar. Allow mixture to reduce by half, 6 to 8 minutes, stirring occasionally. Remove from heat and let cool.

Brush cooking grates clean. Grill steak over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice. (If

flare-ups occur, move the steak temporarily over indirect heat.) Transfer to a cutting board and let rest for 3 to 5 minutes.

Cut steak in half lengthwise and then cut each half across the grain into thin slices; divide evenly among serving plates. Pour any juices remaining on the cutting board over the steak, and pile the arugula on top.

Drizzle each serving of arugula with oil and the

balsamic reduction, season with salt and pepper and top with the cheese.

**Recipe source:** Weber's On The Grill: Steak & Sides by Jamie Purviance.

**Sirloin Cheeseburgers**

MAKES 6 SERVINGS

WINE MATCH: CHIANTI CLASSICO

**INGREDIENTS:**

- 500 g (1 lb) lean ground beef sirloin



- 1 egg
- 1 clove garlic, minced
- 125 ml (1/2 cup) shredded provolone cheese
- 75 ml (1/3 cup) chopped pitted olives
- 50 ml (1/4 cup) each breadcrumbs and minced onion
- 30 ml (2 tbsp) Worcestershire sauce
- 5 ml (1 tsp) dried Italian seasoning

**METHOD:**

In a bowl, combine beef, egg, garlic, cheese, olives, breadcrumbs, onion, Worcestershire sauce and seasoning.

Divide meat into 6 portions.

Form into 2-cm (3/4-inch) thick patties. Make a thumb-print depression in centre of each patty (to prevent rounding while they grill). Make ahead: Refrigerate, covered, for 1 hour or up to 1 day.

Grill over medium heat on preheated oiled grill for 5 to 7 minutes per side, testing doneness with a digital instant-read thermometer inserted sideways into centre of each patty to ensure patties are cooked to 71 C (160 F).

**Recipe source:** Beef Information Centre.

**THE CANADIAN PRESS**

**Father's Day is this Sunday**

## Liquid Assets

**Peter Rockwell**

metronews.ca/liquidassets

### A Scottish gift

British Petroleum will have an easier time cleaning up that oil spill in the Gulf of Mexico than I ever will figuring out a gift to buy my dad for Father's

Day. He's "Mr. I Don't Need Anything." I bet even the Criminal Minds team couldn't profile their way to the perfect present to give him.

Knowing the obstacles, I usually pick him up a bottle that will broaden his liquid horizons while giving me something to fill my glass with when I visit. The best fallback position is scotch: A spirit that offers as much variety in flavour as wine and, like all hard liquor, will last indefinitely.

While single malts (those made with a single grain from a single distill-

ery) may be pricey; they're packed with personality drawn from their unique surroundings.

Dad's a fan of the Scottish islands so a whisky like **Highland Park 12 Year Old** (\$59.95 - \$62.95) — a smoky, muscularly malty whisky from northern Orkney — would be right up his ally. I prefer an iodine-infused malt from Islay so maybe I'll go with the **Laphroaig Quarter Cask** (\$59.95 - \$77.49) — a blend of Laphroaigs of various ages — this Sunday. Maybe.



## In brief

**GRILLING TIPS** When it comes to grilling delicate seafood, here are some important tips to ensure success:

- Always use a good coating of olive oil on the fish or shellfish to keep it from drying out.
- When grilling shrimp, large and jumbo sizes are the only ones to use. The jumbos are best because they are less likely to fall through the cooking grates.
- On the grill, scallops, oysters and mussels gently pop open when they are done. Be sure to discard any that don't as consuming them can be harmful. Source: Weber's Big Book Of Grilling by Jamie Purviance.

**THE CANADIAN PRESS**

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Daniel Radcliffe wore his Harry Potter attire for the last time this week as shooting wrapped on the final instalment of the series. "Everyone was really devastated. It was really, really sad," Radcliffe said Sunday. "We're crying quite a lot." THE ASSOCIATED PRESS

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## New music invasion

More than 650 bands take over North By Northeast

### TheAudioFiles



This weekend more than 650 bands from around the globe will descend on Toronto for the 16th annual North By Northeast music and film festival. While plenty of big name acts are on the bill — Iggy Pop and the Stooges and Eagles of Death Metal to name two — it's the lesser-known Canadian acts who stand to benefit the most from the music hun-

dry crowds. With that in mind, here are five acts from across the country likely to make some noise.

**Kate Rogers Band:** Choosing one Ontario group to see is almost impossible, but my pick goes to the Kate Rogers Band, an incredibly infectious Toronto-based rock act. There's a good chance you haven't heard of Rogers — she moved to the Big Smoke after spending eight years in the U.K. — but that should soon change. Her music blends folk, country, Brit-pop and rock, and while the tunes are memorable, it's her rich voice that really stands out.

**Hollerado:** Montreal's Hollerado has had a career

a lot of young bands dream of — critical acclaim, a gig opening for Jack White and a battle of the bands win that netted \$250,000. Listen to debut, *Record in a Bag*, and you'll quickly see why they're doing so well. The foursome plays straight-up rock 'n' roll — their music is loud, brash and filled with hooks. Think Supergrass-meets-Thrush Hermit-meets-Weezer.

**Japandroids:** Vancouver's Japandroids don't need my vote — they've already played to packed crowds at Bonnaroo, Hillside and South by Southwest — but I'll give it to them anyway. This garage rock duo oozes unbridled energy. Their ear-splitting,

fuzzed-out guitars and heavy drums are straight out of the early '90s. But this isn't a nostalgic look back — the twosome's frenetic pace and off kilter harmonies sound fresh.

**Old Man Luedecke:** Everyone loves a banjo, right? Well, at least I do, which is why I'm recommending one of Canada's best finger picking songwriters, Chester, N.S.'s Chris Luedecke. The Juno winner has been around for a while — his first album was released in 2003 — but his bluegrass, alt-country combo is only getting better.

**Women:** Women are not an easy band to define, so you'll have to go see this Calgary foursome your-



### The survivor

Paula Abdul is optimistic that American Idol will survive after the departure of Simon Cowell. "I don't see an end to Idol, I see that there will be many changes," said Abdul. THE ASSOCIATED PRESS



Chester, N.S.'s Old Man Luedecke is one of Canada's best bluegrass, alt-country performers.

self. But the group — who've backed Chad VanGaalen — play a twisted brand of indie rock, spewing out weird noises, Beach Boys-like harmonies, bizarre breakdowns and strange atmos-

pheric noises while putting something together that's astoundingly pleasant to listen to.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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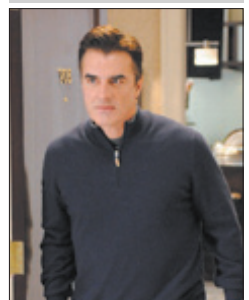
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6/15/10	31	31	31	ABC News Center 5	World News (DVS)	Inside Edition	Chronicle	Jimmy Kimmel	NBA	NBA Basketball: Finals, Game 6		
	7	7	7	ASN Road to Avonlea		Canada's Worst Driver		Raising the Bar		Corky Romano * (2001, Comedy)		
	11	11	11	CBC Laughs	World Cup Soccer Match of the Day					CBC News: The National	Soccer	
	2	2	2	CBC-F Chere Betty (HDTV) (SC)	Squelettes	Tout		Beautés désespérées (SC)		Bons baisers de France (SC)	Le Téléjournal	
	32	32	32	CBS WBZ News (N)	Evening News	Wheel-Fortune	Jeopardy! (N)	NCIS 'Ignition' (HDTV)		NCIS: Los Angeles	The Good Wife	
	69	69	69	CFTM TVA nouvelles	Sûre-salé	Crusoe (SC)		Caméra café	Taxi 0-22 (SC)	La Grande Évasion (SC)	TVA nouvelles	
	6	6	6	CHIF Entertainment	ET Canada	The Good Wife "Fixed"		NCIS 'Ignition' (HDTV)		NCIS: Los Angeles	News Final (N)	
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	10	10	10	ELTV (6) EastLink Television				Podium TV		Community Matters		
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Heil's Kitchen (PA) Feeding hungry		college students. (N)	Fox First	
	12	12	12	NBC News (N)	Nightly News	Access H.	Extra (N)	America's Got Talent		Losing It-Jillian		
	29	29	29	NW (6) Power & Politics		The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National	fifth estate	
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	18	18	18	CNN Situation Room		John King, USA (N)		Campbell Brown (N)		Larry King Live (N)	Cooper 360	
	54	54	54	GOLF Live From the U.S. Open (HDTV) (Live)				Top 10	Inside PGA	Live From the U.S. Open (HDTV)		
	52	52	52	RSE Connected W-Prime Time		MLB Baseball Philadelphia Phillies at New York Yankees. (HDTV) (Live)					MLB Baseball	
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	45	45	45	SPD Race in 60 (HDTV)		NASCAR Smart	NASCAR Hub	Monster Jam (HDTV) (N)		Bullrun (HDTV)	Race in 60 (N)	
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	43	43	43	FAM Han. Montana	Wizards-Place	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44	TOON Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear
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	16	16	16	A&E The First 48		The First 48		The First 48 (HDTV)		The First 48 (HDTV)		The First 48
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	37	37	37	BRVO Wind at My Back		Diana Krill-Rehearsal Hall		Montreal Jazz Festival		Altered by Elvis	Spect	
	25	25	25	CMT CMT Star	CMT Star	Amer. Funniest Home Videos		Reba	Reba	According-Jim	Home Improve.	
	49	49	49	COM Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Parks	Conchords
	153	153	153	COURT Killer Next Door		Killer Next Door		LA Forensics	Criminals	Navy SEALs: Untold Stories	Killer, Door	
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Deadly Catch	
	34	34	34	HGTV Holmes on Homes		House Hunters	Property Virgin	Design School		Sarah's House	Genevieve	House Hunters
	46	46	46	HIST Greatest Tank Battles		Ancient Warfare (HDTV)		Cities of the Underworld		Pawn Stars	MysteryQuest	
	17	17	17	MM Buffy the Vampire Slayer		Styl'd "Playing Favorites"		Pretty Little Lies		Hard Times	Degrassi: TNG	
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	48	48	48	OLN Mantracker		Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	UFO Hunters
	51	51	51	PEACH The Office	The Office	MLB Baseball Tampa Bay Rays at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)		Le Téléjournal		Le Téléjournal (SC)		Seinfeld
	206	206	206	PIX (6:30) White Oleander (2002, Drama)		(8:20) The Interrogation of Michael Crowe		Liar Liar ** (1997, Comedy) Jim Carrey				
	67	67	67	RDI RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI économie	
	39	39	39	SHOW Trailer Park	Trailer Park	The Guard (HDTV)		Premontion (2004, Suspense) Casper	Van Dien.	Party Mamas	Wedding SOS	Wedding SOS
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	47	47	47	SPACE Stargate SG-1 (DVS)		Stargate Atlantis (DVS)		Doctor Who		The Listener (DVS)	Defying Gravity	
	14	14	14	PIKE CSI: Crime Scene Investigat'n		CSI: Crime Scene Investigat'n		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)	Deadliest	
	98	98	98	STAR etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)	Dr. Oz Show	
	21	21	21	TLC Say Yes, Dress	Say Yes, Dress	Food Buddha	Food Buddha	Cake Boss	Cake Boss	Happy Family	Happy Family	Little Couple
	34	34	34	TROP Restaurant Makeover		Colin & Justin's Home Heist		Wife Swap		Wife Swap	Restaurant	
	20	20	20	TV5 Que-champion	Journal de Fr2	Zoom animal		Adresse inconnue		Partir autrement	ADN: Accel.	
	28	28	28	V Just Cause		Murder, She Wrote		May-December	When I Laugh	Kink in My Hair	ideaCity	
	97	97	97	VIVA Psychic Inv.	Encounters	Cold Case "The House"		Missing "John Doe"		The Closer "Pilot"	Cold Case	
	22	22	22	W House-Sell	House	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	To Have Hold	
	251	251	251	WGN WGN Evening News		Two/Half Men	Family Guy	One Tree Hill (HDTV)		Life Unexpected (HDTV)	News at Nine	

### critics' corner

#### The Good Wife

As her husband's (Chris Noth) legal team continues to work on his appeal, Alicia (Julianne Margulies) discovers evidence of possible jury tampering in her firm's class-action suit against a pharmaceutical company. Chris Bauer, Mary Catherine Garrison, Joe Morton and Chip Zien guest star in "Fixed." 8 PM on CHF



#### Major Crime

Sort of a Canadian "Law & Order" on steroids, this 1997 made-for-TV drama stars "L&O" alumnus Michael Moriarty not as an assistant prosecutor but as a cop. He plays the head investigator of a Toronto crime squad trying to bring a suspected sex offender (David Cubitt) to justice. Nicholas Campbell won a Gemini for his portrayal of an undercover officer. 2:30 PM on PIX

#### Anna and Kristina's Beauty Call

This one's for you, guys. In the new episode "Old School," Anna and Kristina help a firefighter named James achieve a classic Las Vegas look, with Lawrence Zarian, aka "The Fashion Guy," passing judgment on the results. Dr. 90210 weighs in on male style, and the girls offer tips on picking the right socks. 10 PM on W





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**HillcrestVW.com**



Gary Coleman's friend and former manager will give up the fight to be appointed the special administrator of his estate, his attorney said yesterday. Dion Mial says he will no longer seek to be special administrator of Coleman's estate because a more recent will has surfaced. **THE ASSOCIATED PRESS**

## Celebrity Buzz

# Wanted: Assistant with flexible moral standards

**MUST BE GOOD WITH ADULTS WHO ACT LIKE SPOILED CHILDREN, HAVE AN INFINITE RESERVE OF CREATIVE EXCUSES, AND DOES NOT MIND TAKING THE RAP FOR ILLEGAL DRUG OR ALCOHOL-RELATED ACTIVITY. PRISON TIME MAY BE REQUIRED** Lindsay Lohan's assistant recently quit, and the actress' pals are worried she may have lost her lifeline, according to TMZ. Sources tell the website that Lohan is having difficulty finding anyone reli-



able to hire as a new assistant, and without one they worry she won't be able to keep the appointments that could keep her out of jail. Lohan even relied on her assistant to drive her to appointments and court-appointed alcohol education courses, as the actress is prohibited from driving.

METRO  
WORLD  
NEWS

# Joe Jackson blames wife for Michael's death

**DENIAL. NOT A RIVER IN EGYPT. POSSIBLY A JACKSON FAMILY PATRIARCH** As the first anniversary of Michael Jackson's death approaches, family patriarch Joe Jackson is busy blaming his wife Katherine Jackson for their son's passing, recounting an argument they had last June to News of the World. Joe tells the highly credible newspaper he was concerned that at the time before his death Michael had been "looking kind of funny and and frail" and had asked Katherine to check in on him. "But she didn't want to do that because she was afraid she was invading his privacy," Joe recalls to the paper. After Michael

passed away, Joe says he told Katherine, "This would have never happened if you had went and been with him."

METRO  
WORLD  
NEWS



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# James Franco hits up gay pride parade

**FOLLOWED BY A SERIES OF COMPLETELY UNINTELLIGIBLE STATEMENTS. TEN BUCKS IF YOU CAN FIGURE OUT WHAT ON EARTH HE JUST SAID** James Franco turned heads over the weekend when he showed up at Los Angeles' Gay Pride celebrations, but it was all in the name of art. Franco was there with drag performer Kalup Linzy to make a short film about Linzy



for Franco's return to the soap opera General Hospital later this year. "I thought it'd be interesting if I took a real artist that was inspired by soaps," Franco tells World of Wonder. "And then [he's] in a real soap opera doing their own version of contemporary art."

METRO  
WORLD  
NEWS

# More secrets and lies from the Monjack files?

**YOU KNOW HOW YOU KNOW SOMEONE'S REALLY CREEPY? READ THE FOLLOWING:** Brittany Murphy's husband, Simon Monjack, allegedly had a secret he took to his grave: children. Monjack's mother and brother reportedly discovered e-mails on his laptop from two different women claiming to



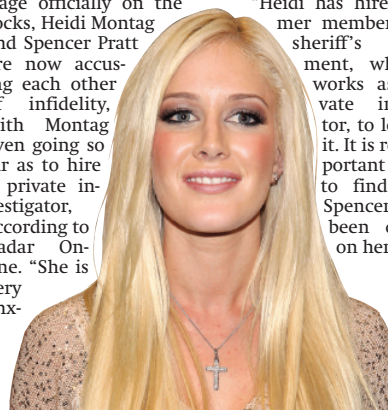
have had children by him, according to TMZ. The computer also reportedly had records of multiple wire transfers, some for as much as \$48,000 at one time on lawyers and other undisclosed recipients.

METRO  
WORLD  
NEWS

# Montag hires private eye

**AND THEN GETS COMPLETELY TRIPPED UP BY THE WORLD 'PRIVATE'. LIKE, WE'RE TALKING NOT EVEN ABLE TO GRASP THE CONCEPT** With their marriage officially on the rocks, Heidi Montag and Spencer Pratt are now accusing each other of infidelity, with Montag even going so far as to hire a private investigator, according to Radar Online. "She is very anx-

ious to find out if her suspicions and the rumors are true, especially if he's spent any money on another woman," a source says. "Heidi has hired a former member of the sheriff's department, who now works as a private investigator, to look into it. It is really important to Heidi to find out if Spencer has been cheating on her."



METRO  
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NEWS

Follow these celebrities on Twitter...

## CelebTweets

**RUSSELL CROWE** is tweeting from the grave, **AMANDA BYNES** is looking to clean house, **JUSTIN BIEBER** is a fan of manners, and **JESSICA SIMPSON** actually retained some information.



@russellcrowe Unable to answer tweets fell off a mountain in Austria, all over red rover. Don't know how i got there, but the media are never wrong. G'Bye.

@chicky Quick question, how can I unfollow everybody I follow on Twitter without everybody freaking out on me?

@justinbieber I love please and thank yous.

@JessicaSimpson Random fact: the jalapeno was the first pepper taken to space.

METRO  
NEWS  
SERVICES



# Kylie opts for facial mobility

**SEE? RICH, BEAUTIFUL STARS HAVE TO OVERCOME EXTREME HARDSHIPS, TOO** Kylie Minogue is coming to terms with growing older and has ditched her Botox habit. "I stopped using it a while ago," she tells Hello magazine. "I have lines on my face now, and that's OK." She also insists she'll never get plastic surgery. "You're not yourself if you do that," the Australian singer says.



METRO  
WORLD  
NEWS

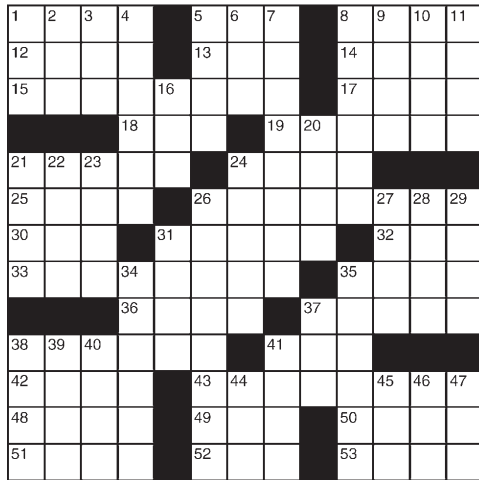




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## Take Five



### ACROSS

- 1 Snatch
- 5 Vacationing
- 8 Lion's pride?
- 12 Its three largest cities all start with C
- 13 Prohibit
- 14 Culture medium
- 15 "Candide" author
- 17 A huge amount
- 18 Sound of disapproval
- 19 Chewy candy
- 21 Stem
- 24 Despot
- 25 Give as an example
- 26 Egyptian capitalists?
- 30 Fuss
- 31 Challenges
- 32 Mischievous tyke
- 33 Good as new
- 35 Use a teaspoon
- 36 Profits
- 37 Lascivious
- 38 Scabbard
- 41 Can material

- 42 Ringlet
- 43 Terrier type
- 48 Jason's ship
- 49 Wildebeest
- 50 Winged
- 51 Online journal
- 52 — out a living
- 53 React with boredom

### DOWN

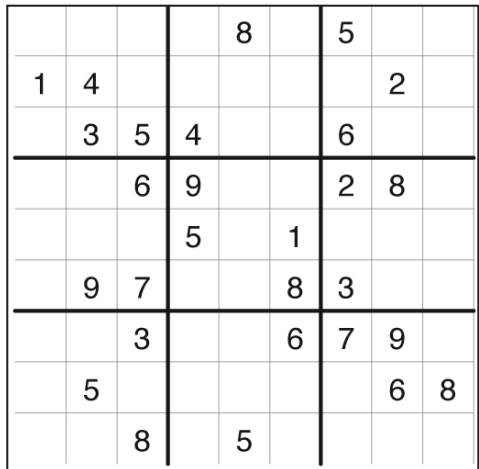
- 1 State leader (Abbr.)
- 2 Pi follower
- 3 Have a bug
- 4 Carafe, e.g.
- 5 Last write-up
- 6 Distant
- 7 Overly excited
- 8 Ripen
- 9 Enthusiastic
- 10 "Pter Pan" pooch
- 11 Formerly, formerly
- 16 Arctic diving bird
- 20 Galley array
- 21 Cicatrix
- 22 Ocean motion
- 23 At the summit of

- 24 Gives a darn
- 26 Punic Wars city
- 27 Little lice
- 28 Send forth
- 29 Agile
- 31 Regimen
- 34 Having hands, as a timepiece
- 35 Half the week-end
- 37 Whopper
- 38 Wound cover
- 39 Pitch hard
- 40 Therefore
- 41 Verifiable
- 44 Squid squirt
- 45 — carte
- 46 Legislation
- 47 Sea eagle

## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

EMS	RAIDS	RUM	4	1	7	9	6	5	2	8	3
NAP	ELIOT	EGO	8	6	2	3	1	4	9	7	5
DRAM	MINE	ELL	3	5	9	7	2	8	6	1	4
IDA	TRIXIE		5	9	4	8	7	1	3	2	6
SAD	SETA		2	7	3	6	5	9	1	4	8
ATE	RAP	SEMI	1	8	6	2	4	3	7	5	9
NOTE	CIA	MIRE	6	3	5	1	8	7	4	9	2
SPECK	EMU	NON	9	4	1	5	3	2	8	6	7
RHOS	IDENT		7	2	8	4	9	6	5	3	1
ALMOST	SMU										
LEI	HISTAMINE										
PAN	ELIAN	OUT									
ODE	RENDS	NBC									

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



## Metro Recipe of the Day



### Corn Chowder with Ham

#### INGREDIENTS:

- 2 cups frozen corn
- 1 3/4 cups low-sodium chicken broth
- 1 yellow onion, chopped
- 1 medium-size potato or parsnip, peeled and cubed
- 1 cup chopped sweet green, red, and yellow pepper
- 1 tsp dried marjoram leaves
- 1/4 tsp each salt and black pepper
- 1/2 cup 1% milk
- 3 tbsp all-purpose flour
- 1 cup bite-size pieces cooked low-sodium ham

#### METHOD:

1. Cut kernels off fresh corn; measure 2 cups corn. In large pot, combine corn, broth, onion, potato,

green pepper, marjoram, salt and white pepper. Bring to boil. Lower heat and simmer, covered, 10 minutes or until potato is almost tender, stirring occasionally.

2. In small bowl, whisk milk and flour. Stir into corn mixture. Cook, stirring constantly, 2 minutes or until thickened and bubbly. Stir in ham. Cook 2 minutes more or until heated through.

#### SERVES 4



## Horoscopes by Sally Brompton

[sallybrompton.com](http://sallybrompton.com) For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

### ARIES

MARCH 21-APRIL 20

Some habits are easy to break but others are exceedingly difficult to change and one such habit will cause you a certain amount of grief today.

### LIBRA

SEPT 23-OCT 23

Something that was easy yesterday will for some strange reason be difficult today, but you must not use that as an excuse to give up on it.

### TAURUS

APRIL 21-MAY 21

If you force yourself to do something you don't think you'll enjoy today you may be surprised to discover that it's not so bad after all.

### SCORPIO

OCT 24-NOV 22

You may find it hard to get along with certain people but you should make the effort nonetheless. Today few things will faze you.

### GEMINI

MAY 22-JUNE 21

You may find yourself under pressure from colleagues and friends to do things that seem wrong or immoral. Always be true to yourself.

### SAGITTARIUS

NOV 23-DEC 21

It may not be easy turning down a proposal of some kind but if your instincts tell you to steer clear it would be foolish not to take note.

### CANCER

JUNE 22-JULY 22

Actions always speak louder than words, so do what has to be done today and don't worry that others might not understand your reasons.

### CAPRICORN

DEC 22-JAN 20

Is it possible to have too much of a good thing? Maybe, but you're not about to let that bother you, not when everything is going so well that life is a breeze.

### LEO

JULY 23-AUG 23

Don't let money worries limit your horizons. You may think you cannot afford to go out and have fun but you can if you use your imagination.

### AQUARIUS

JAN 21-FEB 18

You may be anxious about a money matter or work issue that is outside your control. Focus your attention on other more enjoyable things.

### VIRGO

AUG 24-SEPT 22

Everything seems to be falling into place at the moment, but there is a danger you could spoil things by focusing on minor failures.

### PISCES

FEB 19-MARCH 20

It may seem as if someone is deliberately ignoring you but appearances can be deceptive. Most likely they are so caught up in their own worries.

## This day in history

- 1215: King John of England puts his seal to the Magna Carta.
- 1667: The first human blood transfusion is administered by Dr. Jean-Baptiste Denys.
- 1752: Benjamin Franklin proves that lightning is electricity
- 1846: The Oregon Treaty establishes the 49th parallel as the border between the United States and Canada, from the Rocky Mountains to the Strait of Juan de Fuca.
- 1944: In Saskatchewan the CCF, led by Tommy Douglas, is elected and forms the first socialist government of North America.

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### 2010 KIA RIO

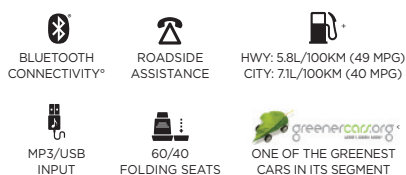
Rio EX shown

### 2010 KIA SOUL

Soul 4U shown

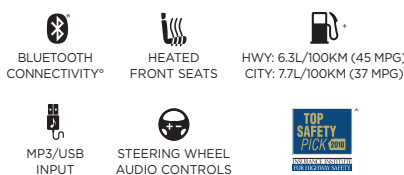
### 2010 KIA FORTE

Forte SX shown



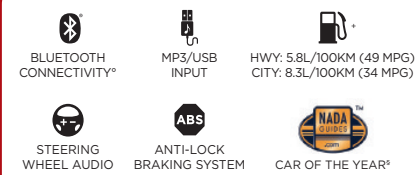
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